

Our Heritage

History of the
Frederick County, Virginia
Extension Homemakers

1916 - 1976



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Frederick County, Virginia
Extension Homemakers
1916 — 1976

Compiled and written by
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Mrs. Catherine Monte, Middletown Club
Mrs. Landon Whitacre, N. Frederick Club
Mrs. Alma Crosen, N. Frederick Club
Mrs. Betsy Kimball, Albin Club
Mrs. Pat Richardson, Albin Club
Mrs. Ruth Barker, Albin Club

Key to Map on cover

Clubs

- | | |
|--------------------|---------------------|
| 1. Stonewall | 10. West Frederick |
| 2. South Frederick | 11. Gore |
| 3. Valley Mill | 12. North Frederick |
| 4. Stephens City | 13. Gainesboro |
| 5. Middletown | 14. Albin |
| 6. Middle Road | 15. Welltown |
| 7. Shawnee | 16. Brucetown |
| 8. Friendly Grove | 17. Greenwood |
| 9. Star Tannery | 18. North Mountain |

TABLE OF CONTENTS

History Committee	i
Key to Map on Cover	ii
Table of Contents	iii
Preface	iv
Acknowledgements	vi
Prelude	viii
County History	1
County Officers	88
Dedications	97
All Stars	98
IFYE's	99
Club Histories	99
By-Laws	120
Scholarships	123
VEHC History	125
NEHC History	127
Map of Virginia Districts	130
Organization Diagram	131
Our Emblem	Inside Back Cover

PREFACE

The Frederick County Extension Homemakers decided to compile and publish a history of their organization as a Bicentennial Project in observance of the 200th Birthday of our U.S.A.

Mrs. Vernon Unger, County Historian of our EHC, was appointed as Chairman of the History Committee. Other members of her committee were: Mrs. Charles Bass, Mrs. Davis Bauserman, Mrs. Mabel Brown, Mrs. Alma Crosen, Mrs. Clara Dailey, Mrs. S. Roger Koontz, Mrs. Catharine Monte, Mrs. Agnes Rosenberger, Miss Ruby Shiley, Mrs. Landon Whitacre, Mrs. Connie Robinson (County EHC President), Mrs. Robert O'Neal (County EHC Secretary), Miss Agnes Shirley (Retired Frederick County Home Agent), and Mrs. Pauline Baccary (Extension Home Agent for Frederick County).

I, Cora Schlim, was asked to be coordinator and recording secretary. Yearbooks from 1947 to date were collected and summarized by Mrs. Pat Richardson. State Handbooks, and the Virginia Federation of Home Demonstration Clubs History from 1923 to 1960 and the Supplement for 1960 to 1969, and HDC members' scrapbooks, were used as resource materials. The record books of the County HD Council and HD Clubs secretaries were reviewed. Phone calls were made, and letters were written, to Dr. Ann Thompson, Margaret Groseclose Skelton, Ethel Grubbs, and C. Dean Allen, personnel at V.P.I. and S.U. in Blacksburg, Virginia.

As many of the records were lost or destroyed when the County Extension Office was moved to its present location, the following ladies researched the files of the Winchester Evening Star at the Handley Public Library and at the Star's Office: Mrs. Ruth Barker, Mrs. Gerry Van Stronder, Mrs. Mildred Glaize, Mrs. Rosie Hott, Mrs. Charles Bass, Mrs. Robert O'Neal, Mrs. Frances Unger, Mrs. Cora Schlim, Mrs. Landon Whitacre, Miss Agnes Shirley, Mrs. Alma Crosen, Mrs. Pat Richardson, Mrs. Betsy Kimball, and Mrs. Gwen Lunsford.

Each Club was asked to write a short history of their own Club, giving date organized, charter members, highlights of their program and honors awarded to their members.

After many hours of collecting material, digesting and editing their contents, and typing them for the printer, the results are being published in this book as "Our Heritage — Frederick County Extension Homemakers."

We have grown from kernels of corn and small tomato seeds in small garden plots to seeds of love, kindness, friendship and understanding world-wide; from corn clubs, tomato clubs, garden clubs, canning clubs, and poultry clubs to a county organization of 18 Extension Homemakers Clubs with 457 members. Our County Clubs are part of the Virginia Extension Homemakers Council, a State organization of 1253 clubs in 12 Districts with 23,575 members. We are also a part of a National organization, National Extension Homemakers Council, of 42 States with 569,433 members in 34,258 Clubs, and a part of an International organization, the Associated Country Women of the World.

The benefits and influence of our organization are immeasurable and indescribable. We can present only the highlights.

Cora A. Schlim
Coordinator for
Frederick County EHC
History Committee

ACKNOWLEDGEMENTS

The History Committee of Frederick County Extension Homemakers Council would like to dedicate this History to those pioneer women whose foresight and efforts brought the Frederick County Extension Homemakers Council into being. To our knowledge, this is the first History of the Frederick County Extension Homemakers ever published.

As Chairman of the History Committee, I want to thank Cora Schlim whose untiring effort made it possible for us to compile this history. She has been in Frederick County only a few years but when you work with her, it seems you have known her for a lifetime. She never gives up when the going gets rough. She has been a real inspiration to me.

Also, my thanks to all the ladies who have helped research the Winchester Evening Star files at the Handley Public Library and the Star's Office, looking page by page, for information to compile. Many days were spent going through more than 60 years of printed pages. We are grateful to the Handley Public Library and the Winchester Evening Star for the use of their files.

We would like to recognize each and every one who has helped to make our Extension program what it is today but to list the names of all the persons who have served on committees and been a part of our program would be almost impossible. Their ever-onward effort and work, however, has given Extension Homemakers a priceless heritage.

We do want to give special recognition to our By-Laws Committee: Frances Unger, Betty Bauserman, Mary Lou Koontz, Courtney Bragg, Gerry Van Stronder, and Cora Schlim — for they created the backbone of our organization.

Also, our original Bazaar Committee: Gerry Van Stronder, Mabel Brown, Mary Switzer and Courtney Bragg — for they were the creators of our Scholarship program; and to the Scholarship Committee: Bertha Hoagland, Bertha Vensköske, Ruby Shiley, Catharine Monte, Gerry Van Stronder, Lyda Grove, Phyllis Dyer and Mary Louise Crabill — for they set-up our Scholarship program. The officers and regular committees since 1947 are listed in the Yearbook summaries.

We hope that every ten years someone will take time to write a supplement to this Homemakers History so that future genera-

tions will have a complete and current history to read, and refer to, and to enjoy.

"Onward, ever onward
With a strength born of unity;
Striving for better ways to live,
Living to serve and give."

Frances Unger
1976 Historian of
Frederick County EHC

AIMS OF A GOOD HOMEMAKER

Plan your home so it is:

Economically sound
Mechanically efficient
Physically healthful
Mentally stimulating
Morally wholesome
Artistically satisfying
Socially responsible
Spiritually inspiring
Founded on mutual affection and respect.

Dode Kennedy

PRELUDE

The very beginning of 4-H and Extension programs goes back to 1862 when President Abraham Lincoln signed the Morrill Act, under which Congress granted to each state 30,000 acres of land for each representative and senator. Proceeds from the sales of this land were to be used in the state as a perpetual fund, the interest from which was to be appropriated for the "endowment, support and maintenance of at least one college where the leading object shall be, without excluding other scientific and classical studies and including military tactics, to teach branches of learning as are related to agriculture and mechanic arts." Iowa was the first state in 1862 to accept provisions of the Morrill Act, followed by Vermont and Connecticut.

In 1887, the Hatch Act, which made provisions for agricultural research to be conducted by the State College of Agriculture in cooperation with the Department of Agriculture, was passed by Congress. The USDA was granted cabinet rank in 1889.

By the second Morrill Act of 1890, Congress began to make regular appropriations for the further support of these institutions through legislation passed in 1907, 1935, 1952 and 1960. The Acts of 1890 and 1907 are continuous; they amount to a total of \$2,550,-000 annually.

In 1914 Congress passed the Smith-Lever Act providing for agriculture extension teaching and the demonstration of agricultural and home economic practices. The extension service is recognized as an outstanding example of adult education. In 1916, the U.S. Bureau reported that agriculture was being taught under state supervision in 421 high schools and without state aid in 2,760 public high schools.

The Smith-Lever Act, approved in 1914, provided for agriculture and home economics extension work to be carried on in the land-grant institutions in cooperation with the USDA, largely through county agricultural, home demonstration, and boys' and girls' club agents. Federal funds for agricultural research and cooperative extension work were greatly increased through additional legislation.

By the 1960s there was one land-grant institution in each of the states and a second one in Massachusetts, all participating in the federal appropriations.

The Virginia Polytechnic Institute and State University were established as a college in 1872. Mr. T. O. Sandy became the first County Agent in Virginia in 1906. Boys' corn clubs were started in Dinwiddie and Chesterfield counties in 1909. In 1910, girls' tomato clubs were started and Ella G. Agnew became Virginia's first Home Agent. In 1916 home demonstration clubs were organized in Virginia. Virginia was the first State to have a State Bill and to have Home Demonstration Agents.

World War I necessitated an emergency call for increased production and preservation of foods. In 1917, Virginia appointed 196 Home Demonstration Agents. In 1918, at the close of the War there were 135 HD agents still in the field, but it slumped to 18 agents in 1919.

In 1929, the great depression revived interest in growing and canning vegetables and the education necessary to produce and preserve them.

Ella G. Agnew resigned in 1920 and Mrs. M. M. Davis was appointed State Home Demonstration Agent in 1920. Three District Home Agents were also appointed. Maude E. Wallace became our State Home Demonstration Agent in 1929.

In 1933, Miss Janet L. Cameron, V.P.I. Agent, mailed out 50,000 copies of a "live at home" plan developed by her. She urged every family to have two cows and a flock of pullets for eggs and meat supply and larger gardens during the depression years.

This is but a prelude to the story of how our Extension program really grew, and which will be expanded in the following pages.

Frederick County E.H.C. History

The Frederick County Extension Homemakers education program began in the early 1900s with the forming of tomato clubs, corn clubs, canning clubs and Barred Plymouth Rock Poultry clubs.

In February 1915, Mr. Lamon, Senior Poultryman of the USDA, took pictures of the Middletown Agricultural High School and the poultry pens of its Barred Plymouth Rock Poultry Club. The 21 members were praised for their work. He took the pictures with him to the Madison Square Garden Poultry Show held in New York. He said that this was the first school that he had visited or heard of doing this kind of work.

In 1916, a small group of Frederick County women met in the old Hansborough and Carter Building to discuss and decide whether Frederick County should have some work with the girls similar to the work being done at that time in Clarke County by Mrs. Lora Stinson. Young girls were raising tomatoes and were taught how to can fruits and vegetables. These clubs were called Tomato Clubs.

Mothers generally assisted their daughters with the canning so naturally they began to think that something should be done to help them with their every day problems. Thus, the idea for clubs for rural women was born, to be formed later and known as Rural Home Demonstration Clubs.

In May 1917, a canning club was organized in Frederick County by Mrs. Lora Stinson, who for five years had been demonstrator for Clarke County. The following ladies acted as district chairmen: Miss Magdalene Zinn, Opequon; Mrs. Julius Richard, Back Creek; Miss Blanche Wotring, Shawnee; Miss A. Pearl Halde-man, Gainesboro; Mrs. E. W. Braithwaite, Winchester; Mrs. M. M. Lynch for women's clubs, and Mrs. E. V. Smith for girls' clubs. Meetings were held in schoolhouses. The canning work was explained and members were enrolled. Cans and canning outfits were purchased on a cooperative basis through the Chamber of Commerce to get the benefit of best prices and deliveries, at substantial discounts.

On June 4, 1917, Miss Teresa Murphy, of Wadesville, was engaged by the Chamber of Commerce as home demonstrator for Frederick County. Miss Murphy was recommended by Mrs. Maurice M. Lynch who had known her work with Mrs. Stinson, the

Clarke County demonstrator. Miss Murphy's work in canning had earned several prizes including a first prize gold watch offered by the Norfolk & Western Railroad Company.

Miss Murphy was educated in Frederick and Clarke counties, in Baltimore, Maryland and Blacksburg, Virginia. She had sold canned tomatoes to the Winchester Academy, which later became a public school. Miss Ella G. Agnew, state agent for home demonstration work, authorized sending Miss Murphy to an Institute in Manassas for two days at government expense so she could have the opportunity for conference with other demonstrators and with experts of national reputation.

On June 9, 1917, a canning club was organized by Miss Murphy at the Evandale school. Miss A. Pearl Haldeman, district chairman, had made the arrangements. Several of the girls enrolled had their own gardens of the required tenth of an acre which constituted them as full active members and entitled them to compete for government prices.

On June 13, Miss Murphy organized the club at the Branson school where Miss Magdalene Zinni was district chairman. Mrs. Hugh Funk arranged a meeting to organize a club at Stephens City. Winchester and Round Hill clubs were organized that week, also. Mr. and Mrs. F. L. Harris donated a plot of land in the Harris Addition of such size that two Winchester girls could use a tenth of an acre each.

Mrs. E. Virginia Smith, chairman for girls' clubs, made arrangements with Principal N. D. Cool for an assembly of girls at the high school at which canning club work was explained by Mrs. Lucian Carr and Ernest H. Rowe, acting secretary of the Chamber of Commerce. The girls enrolled worked through the summer and fall in conserving the surplus food supply by the various methods of canning and preservation.

The gardens were judged on July 15th and the best garden entitled its owner to a free trip to Harrisonburg with ten days instruction in gardening, canning and home economics, all at government expense. One tenth of an acre is 66 feet or 22 yards square, or 33 feet by 132 feet, or 43½ feet by 100 feet, or a row 300 feet long.

By the end of June, Miss Murphy had the following canning clubs organized: Branson, White Hall, Evandale, Stephens City, Winchester, Round Hill, Brucetown, Star Tannery and Bryarly. Nine canning machines had been ordered from the factory in Mississippi. Twenty girls had gardens of their own, one tenth acre in size. The work of canning clubs was not confined to girls with gardens of their own of the required size. Girls and women were eligible to join in the work no matter how they procured their vegetables and fruits for canning. Some got them from family kitchen gardens, bought them from stores or from farmers who

drove to town and sold them from their wagon. Some had gardens smaller than one tenth of an acre. Those were called "garden clubs" or "patriotic clubs." Boys were eligible for membership in these clubs, also.

There were uniforms for those who desired to wear them. They were khaki-colored cloth, consisting of coat, skirt and hat, with white waist. On the left sleeve they wore a monogram indicating their club; C.C. for Canning Club, G. C. for Garden Club, P.C. for Patriotic Club. The ladies on the district committee who desired to wear uniforms had "V" on their sleeve, meaning volunteer.

On March 4, 1918, Miss Martha Dinwiddie, district home agent, addressed a meeting in the Handley Library Auditorium. The Chamber of Commerce planned to employ a thoroughly trained home agent for 8 months. The year before, Miss Teresa Murphy, home agent, had been employed for six months to guide the planting of gardens and canning club work. Miss Dinwiddie said "With a skilled agent in charge a more elaborate program could be attempted. There would be work in the schools and in the homes, in addition to the garden work and canning club activities. The agent would also be active in Red Cross work, the sale of Thrift Stamps and other war activities under way." Miss Dinwiddie, district agent, had supervision of the activities of home agents in a number of counties in Virginia and Frederick County was in her territory.

On May 23, Mr. Logan K. Fay, appointed by the Chamber of Commerce as chairman of Canning Clubs activities for Winchester and Frederick County, announced that home agent Miss Mabel K. Haynes was ready to start work and would have her headquarters at the Chamber of Commerce. Over \$400.00 had been contributed by the county of Frederick for home demonstration work. A 1914 Model T Ford was purchased for use in Miss Haynes' travel to homes and club meetings. She was the first to put the 4-H name on agriculture and domestic clubs in Frederick County. These clubs were started as corn and tomato clubs and canning clubs.

Miss Haynes was born in Charlton, New York on April 19, 1893. She lived with her parents, Mr. and Mrs. Charles Haynes, a sister, Mildred, and a brother, Eugene, on a farm. She attended a one-room schoolhouse in Charlton, then went to college. She graduated from the University of Rochester, Rochester, New York. She taught Home Economics in a public school in Fort Wayne, Indiana one year before coming to Winchester in May 1918.

On May 31, Miss Martha Dinwiddie, district home demonstration agent, assisted by Miss Mabel K. Haynes, home demonstration agent for Frederick County, gave a demonstration in the Empire Theatre. A number of wheat substitutes were used, including corn flour, barley flour, buckwheat flour, rolled oats, cornmeal, and mashed potatoes. The bread and cakes made were passed to the

audience as samples. Mr. J. M. Henry donated use of the theatre, Mr. Sullivan loaned the oil stove, and Mr. McVicar and Mr. Beck contributed the flours used. About 60 people were present.

A series of bread making demonstrations by Miss Martha Dinwiddie, district home demonstration agent, assisted by Miss Mabel K. Haynes, were held at the Gainesboro schoolhouse, Mrs. Clark Whitacre's home in Whitacre, Mrs. Lee Croser's at Reynolds Store, Stephens City school, and Mrs. George Bywater's, Paxton Chapel. The demonstrations were followed by bread judging and a general discussion on all problems connected with bread making and bread baking.

The girls of Winchester High School, John Handley Foundation, who had completed their second year of cooking club work, were taken on a trip through the Winchester Milling Corporation's plant in June. Mr. Berry gave them a detailed description of how flour was made. The girls then wrote essays on bread and bread making. For the three best essays the Winchester Milling Corporation offered prizes of a 50 pound, 25 pound and 12 pound sack of flour. The three girls who won the prizes were: Leona Lauck, first; Elizabeth Baker, second; Lola Rogers, third. The cooking club girls were given enough self-rising flour, made by the Winchester Milling Corporation, for a baking of bread. Then, the three best baking of bread won money prizes of \$3.00, \$1.50 and 75 cents. Superintendent F. E. Clark arranged for a scholarship to send the prize cooking girl to the State Short Course in Blacksburg. Miss Leona Lauck was awarded the scholarship, based upon her practical work in class, on essays and examinations, and on individual leadership.

Lesson given to the cooking club girls, by Miss Haynes, county home demonstration agent, included work on cereals, vegetables, meats, cakes and breads.

As 81% of all poultry flocks in the country were cared for by women, and 40% of the flocks were non-productive, farm women were taught the best methods of poultry selection, breeding, raising, feeding, housing, culling, canning surplus birds for home use, preservation of eggs, and cooperative selling of poultry products. It cost about \$2.00 a year to feed each hen. If that hen did not produce more than that amount in eggs, she was unprofitable and should be sold or eaten.

Miss Haynes urged home canning even though sugar was scarce and high priced because shortage of farm labor made it necessary for canneries to pay high prices for commodities that would be canned later in the season. The increased costs would be paid by the consumer, and there might not be enough canned products to go around. She said a thick sirup was not necessary. A 10% sirup of one part sugar to nine parts water would make any acid fruit palatable. Such fruits as apples, pineapples and the like can be canned without sugar. Ordinary glucose or corn sirup

could be substituted for sugar. A palatable sirup was made by mixing $\frac{1}{2}$ cup sugar, 1 cup glucose and 8 cups water. It requires 7 ounces of sugar for a pint jar. One cup sugar makes 10 cups of sirup. A pound of sugar makes 20 cups or sufficient for 20 pints of canned fruit. With sugar at 30 cents a pound, the cost of sugar per pint jar was $1\frac{1}{2}$ cents.

The first annual short course given at Blacksburg to boys' and girls' agricultural and home economic clubs of Virginia was held in 1920. Thirty-three counties were represented by one girl from each county who was a winner in her particular club project. The greatest number were canning club girls, but there were also some pig club girls and poultry club girls. The boys were members of clubs but were not prize winners. The boys had to pay their own expenses but the girls, as prize winners, had their expenses paid by the Virginia State Bankers' Association. There were 100 boys and girls present. They attended lectures and practical demonstrations in judging poultry, hogs and dairy cattle. For the girls there were lectures on home nursing, girls' wardrobes and personal hygiene. For the boys, such subjects as judging beef cattle, use of lime on the soil, fertilizers and pig management. Instructors were: Mrs. F. C. Wood, recreational director for girls, of Lynchburg, Virginia; Mrs. Jane B. Ransom, director of the Bureau of Public Health Nursing, of Richmond; Mr. E. B. Chamberlain, state song leader, YMCA, Richmond; Mr. C. J. Reilly, district secretary athletics and recreation, YMCA, Richmond; and Mr. Maurice Ricker, YMCA motion picture director, who entertained the boys and girls every evening with motion pictures. Among the visiting speakers were: Mr. I. W. Hetl, assistant in charge of boys' club work in the south, of Washington; Mr. V. Varden, President of the Federal Land Bank, Baltimore; Miss Juliet B. Gish, Secretary of Red Cross Home Service, Bedford, Virginia.

The following from Frederick County attended the short course: Gordon Whitacre of Whitacre, poultry project, sent by Commercial & Savings Bank; Hilda Lovett of Stephens City, canning project, sent by Shenandoah Valley National Bank; Leona Lauck of Winchester, cooking project, sent by Mr. Stewart Bell, Mr. F. E. Clark, Mr. Shirley Carter, and Mr. Robert Ward; Miss Elvira Abshire of White Hall, sent by Farmers & Merchants Bank of Winchester. Miss Mabel Haynes, county home demonstration agent, was chaperone for the club members. She also assisted in teaching at the short course.

Miss Haynes' annual report at the end of the Extension Division year in November 1920 showed five women's clubs in the county were having courses of study planned by the Home Economics Specialist for Virginia. The course of study included detailed study of poultry, health and sanitation, food for children and food for the family, gardens, milk, kitchens, canning and food preservation. The women had put up 12,358 containers of fruits and vegetables.

There were 14 agricultural and home economics clubs for boys and girls. The aim of club work with the young people was not only to teach them the best and most scientific ways of farming and homemaking but to so develop the standards of work and the standards of the youth that work on the farm and in the farm home would not seem to be monotonous and uninteresting. The club motto was: to make the best better. The members learned how to conduct meetings and there were usually games and a good time after the business and instruction periods.

Twenty-nine girls in the canning club put up 3,347 containers of vegetables, fruits, pickles, preserves and jellies. The value of the canned goods, together with receipts for vegetables sold from their gardens, was \$734.15.

There were 38 boys and girls in the Poultry Club. They raised 630 chickens and the value of the birds together with the receipts from selling eggs and chickens was \$844.65.

The twelve girls doing cooking club work had demonstrations and practical work in simple cookery. They were asked a number of times to prepare and serve luncheons for various meetings. Through the summer months a club of younger girls on Highland Avenue had cooking lessons once a week at the Mission House.

There were 77 girls enrolled in the Sewing Club. They had lessons and practical work in sewing and making work bags, aprons, nightgowns, cooking caps and dresses. The total cost of materials used was \$104.05, the total value of the finished products was \$352.75 at a low estimate.

The club members of the Sewing club, canning club, poultry club and cooking club sent representatives to State, District and County short courses, and many of them exhibited at the Winchester Fair.

The Home Demonstration Agent had 160 consultations in regard to Home Economics; 3,857 bulletins were distributed; 2,335 letters were written in regard to the work; 150 schools and clubs were visited; 123 meetings were held with attendance of 2,736; 192 club members were visited; 186 visits to people other than club members; 2,712 miles were travelled by auto; 980 miles were travelled by rail.

The canning clubs of Frederick County were the champions of Virginia. The 29 girls canned 5,196 containers. Henrico County placed second with 40 girls putting up 4,004 containers.

Some 1920 prices were: sugar 12¢ a pound in October, bread 8¢ for a 12 ounce loaf, eggs 45¢ a dozen, hens 28¢ a pound, roosters 18¢, ham 35¢, country butter 35 to 45¢ a pound, beefsteak was 25 to 30¢ a pound, roast beef 20 to 25¢, boiling beef 18 to 20¢, veal steak 40¢ a pound, pork chops 25¢ a pound, raw sugar 4¢ a pound.

On January 3, 1921 Frederick County took a backward step when the Board of Supervisors turned down a plea, presented by the Advisory Board on Home Demonstration work, for an appropriation to supplement private contributions for a home demonstration agent for 1921.

This work had been growing rapidly under the excellent supervision of Miss Mabel Haynes, who became Mrs. Allen B. Bond in November 1920. She resigned as home demonstration agent, after her marriage, to participate in community activities and raise a family of four children. As home agent, she taught canning with tin cans, new recipes in cooking, a better way to pipe water to the house, built-in ironing boards instead of a board propped on two chairs, and other improved methods of home life.

Two new items appeared this year: A new half-barrel with a larger head to prevent bruising was put on the market. It would contain $52\frac{1}{2}$ quarts, had a $15\frac{1}{2}$ inch head, 18 inch staves and a 54 inch outside circumference at the bilge.

Milk was being sold in bottles made of paraffin. Dairymen were abolishing the old-time glass jar or bottle as the dust-proof cartons were absolutely clean, and sterilized, and could be thrown away when empty. Milk was always delivered in a new bottle.

In 1923, County Agent J. R. DuShane urged boys and girls to become active in club work as there would be splendid support from the Baltimore & Ohio Railroad, the Virginia State Bankers' Association, the State Dairymen's Association, the Club Department of the Virginia State Fair, the Winchester Fair and local organizations and business men. Boys and girls 10 to 15 years of age, could join poultry, pig, baby beef, or corn club projects.

County Agent DuShane made a strong appeal to fruit growers of the county to cut down cedar trees in proximity to their orchards to protect their orchards from the many fungus and insect pests. The cedars scatter spores to the apple leave and later causes cedar rust on the apples.

The Virginia Poultry Producers Cooperative Association was organized to get better results in the marketing of their eggs. The organization had the unqualified endorsement and backing of the Virginia Farm Bureau Federation and the Virginia division of the Farmers Educational and Cooperative Union; also, that of the State Division of Markets, the USDA and the Virginia Agricultural College. Mr. A. L. Dean, well-known poultry specialist from Blacksburg, held several meetings in Frederick County. The meetings were for women as well as men, to help them solve their poultry problems.

The 54th annual Winchester Fair, four days and nights, began August 28, 1923. Prizes were offered for the best square and round buttonholes; best birdhouse; best doll house; best ten ears of pop-

corn; best three pumpkins; best peck of potatoes; best tomatoes; best drawn map, crayon drawing, water color; best map of Frederick County; best single basket; best display of baskets. Special prizes were offered in poultry. A silver cup was offered by Shenandoah Valley Shorthorn and polled Shorthorn Breeders Association for the best Shorthorn calf herd, to be won three times before title to the cup be given.

A bulletin on the evaporation of fruits was available from the USDA in Washington, D.C.

On March 4, 1926 the Baltimore & Ohio Railroad Company renewed for the fifth year its offer of a scholarship of \$100.00 to the boy or girl living in counties traversed by the B & O, who did the best club work for the club year. The counties affected were: Clarke, Frederick, Shenandoah, Augusta, Rockingham, and Rockbridge. The winner of the scholarship had the alternative of using it for scholastic purposes at one of the colleges or universities in Virginia or in defraying expenses of an educational trip to the Boys and Girls Club Congress in Chicago in the fall, to be held simultaneously with the International Livestock Exposition.

The scholarship went to the Club boy or girl who made the best club record in poultry, corn, canning, baby beef, pig, or dairy work. The winner was determined at the Virginia State Fair in the fall, according to a scorecard as follows: Exhibit at State Fair 40 points; Profit, 20 points; Story, 20 points; Statement by County Agent, 20 points. Outlines were furnished for their Stories, the County Agent's Statement showed how much effort the club member put forth, interest shown, amount of work done personally, condition of record books and other factors showing quality of work done by the club member.

The B & O had awarded 50 scholarships to date, 33 of which the winners chose to use for educational purposes at their respective State University, while 17 chose the educational trip. Of the 33 club members who elected the scholarship for educational purposes, 18 were in colleges in the States of Virginia, Maryland, Pennsylvania, West Virginia, Ohio, Illinois or Indiana. Virginia farm boys and girls who had won B & O scholarships to date were: Kathryn Funkhauser, Clarke County; Templeton Elliott, Rockbridge County; Richard Reynolds, Shenandoah County; Naomi B. Miller, Rockingham County; Arbutus Sanger, Augusta County. (We could find no record of the 1926 winner.)

New State apple laws in 1929 affected many of our Extension homemakers who had apples to sell as the laws required that apples had to be graded as to size and color.

Miss Elizabeth Farrar came to Frederick County in June 1930 to develop home demonstration work. She was sent by the Virginia Agricultural Extension Service of V.P.I. in Blacksburg, Virginia. The first year and a half was spent getting acquainted and

giving food preservation demonstrations on canning and drying of foods.

Groups were organized at Gainesboro, Clearbrook, Stephens City, Inlet, Gore and Middletown. 4-H Clubs were organized in the schools of the county and the girls were taught sewing, canning and food preparation. Special activities consisted of sponsoring movies to raise money, featuring parades and floats in the Apple Blossom Festival and others. Reverend Nelson loaned the Episcopal Church for all county-wide activities like Achievement Day, clothing shows, etc. He was the main speaker for many of these occasions.

Miss Farrar received her education at Longwood College in Farmville, Virginia which was known as Virginia State Teachers College. After graduation she taught in elementary schools in North Carolina and Virginia. She gave up teaching in 1927 and decided to go into Extension work. She took a course in Home Economics at V.P.I. and left in 1930. She worked in Bedford County before going to Frederick County in June.

Miss Farrar taught that vegetables are much needed in the daily diet, particularly green ones which contain iron and calcium needed to build bones and teeth and keep the blood in good condition. They contain vitamins so necessary for promoting growth, preventing diseases and regulating body processes. The root vegetables furnish fuel for energy and also are stored as fat. Vegetables add color and variety to the meal. Vegetables should be used raw whenever possible, just steamed or use little water if boiled. All liquid from cooked vegetables should be saved and used in soups or sauces. Vegetables should never be left standing in water; vegetables should be cooked in their skins whenever possible; fried vegetables may be used occasionally for variety but they are harder to digest.

Women were urged to use plenty of eggs as they were cheap. Egg yolk is the best source of vitamin D with the exception of fish oils, and is valuable for protein, iron, calcium, phosphorus and magnesium. Egg yolk resembles butter in its percentage of vitamin A.

A sanitary drive was started through the schools in the county with Leslie D. Kline, Supt. of Schools. Mr. D. F. Kern, Gore, presided over the organization meeting. Fly traps were made, homes were properly screened, safe drinking water and sewage disposal were some projects carried out in the drive.

At the Institute of Rural Affairs held in June at V.P.I. in Blacksburg discussions were on Modern Youth, what should be done about our youth and other problems of family life. The goal was to train our boys and girls to be strong mentally, robust physically, domestically true and vocationally correct, brave and spiritually deep.

Demonstrations in 1930 were on: meal planning, culling poultry, canning in glass and tin cans, packing school lunches, darning, remodeling of clothing, selection of eggs for hatching, Hong Kong grass-bottomed stools. Canning chicken for winter use was urged—use a pressure cooker and process for one hour at 15 pounds pressure.

During 1930 our H.D.C. members judged and helped at Fairs, helped at County Camps, cancer benefits, Mothers March on Polio, drives for Rescue Squad and for the Emergency Food Shelf.

On December 8, 1930 the Baltimore and Ohio Railroad gave away a railroad-carload of apples — they were free for coming and getting them. Suggestions were made to try sweet potatoes and apples, apples and raisins, apples and sausage — cooked together.

In 1931, there were seven home demonstration clubs with 239 members enrolled; 110 vegetable gardens participated in the gardens campaign: 31,709 quarts were canned and hundreds of bushels were stored. There were 15 4-H clubs with 221 enrolled. Demonstrations were given on: rug making, patching, judging garments, table service, various stitches in hemming garments, selection of colors and styles for wash dresses. Club members were urged to use pit-storage for surplus fruits and vegetables, were taught how to make a pit-storage place and to use it as well as storage cellar.

A big highlight of 1931 was the Rolling Pin Contest held on September 8 as part of the Winchester Fair. Women competed to see who could throw their rolling pin the farthest. The contest was open to any woman in the State of Virginia. An ordinary rolling pin of the wooden type was used. Each contestant was given 5 chances of hitting "Henry." Prizes were: \$10.00, \$5.00 and \$2.50. A real man was to be the target but they could not find a volunteer. Mrs. W. Wells and Mrs. C. E. Armel each scored 4 hits and so tied for first place. A throw-off resulted and Mrs. Wells won with 5 strikes out of 5 throws. Mrs. Armel won second with 4 hits out of 5 throws. There was no mention in the news article of the lady who won third place.

Drought and the great depression made people garden-conscious. A garden was a necessity for both health and economic reasons, was a sound investment of time and money, a real health insurance policy, in the 1930s. Curb markets were organized to provide outlets for farm produce — flowers, chickens, bread, cakes, pies and other items. A committee was appointed in 1931 to develop a curb market in Winchester.

The first Home Demonstration Curb Market was held on March 26, 1932 at 29 East Boscawen Street, next to the Winchester Evening Star office, in Winchester, Virginia. This Homemakers' Market was organized under the supervision of Miss Elizabeth Farrar, Frederick County Home Agent. Sixty-five women used it during the 7 months it operated that year. Their total sales were

\$4,513.76. The women used the largest percent of their profit for household expenses, food and clothing. Some spent it on improving their home. One lady helped her son in college. Charter members were: Mrs. W. J. Muse, Mrs. Julian Larrick, Mrs. Lester Dailey, Mrs. Sadie Gruver, Mrs. C. C. Bowen, and Mrs. H. S. Funk, who was the first manager of the market.

The Market is still being operated. They have used various sites and under different managers. The managers were sometimes called "Market Masters" but the manager in 1976 chose to be called "Market Coordinator." Other "managers," besides Mrs. Funk, have been Mrs. Walter Larrick, Mr. Clarence Fletcher, Mr. Grover Schack, and Gary Jedinak.

A 1935 report stated: "78 women had used its service since March 1932; 25 women sold \$10,597.25; articles most in demand were chickens, eggs, baked goods, cheese, meats, vegetables and flowers. The women have learned salesmanship, better business methods, how to recognize better quality in foods, self-confidence, good grooming and many other things."

The market was discontinued in 1946 when they had to move and could not find a new location, but was resumed again in 1949; was active until 1970 and discontinued until 1976 when it was re-organized with Mr. M. J. Abe, President. The best record we have found was in 1945 when 8 members sold \$16,882.64, the largest sales by any one member totalled \$1612.89. There were 25 members in 1935. The market in 1976 was under joint sponsorship of the Chamber of Commerce and the Extension Homemakers.

The market was very active in 1976 with 18 sellers selling baked goods, eggs, honey, herbs, canned goods, fresh garden produce and fruits, fresh cut flowers and dried flowers, craft items, and a specialty this year was dietetic items sold by Gerry Van-Stronder, which included baked goods, jams, jellies, relishes, cat-sup, pickles, and apple butter.

In 1932, membership in the seven home demonstration clubs had grown to 294 members. All seven clubs participated in the better homes campaign, 31 women entered canning contests, many of the clubs assisted the Winchester Chapter of the American Red Cross with its relief work and several clubs held canning bees for the Red Cross.

Some demonstrations during 1932 were: Milk desserts and beverages; simple wholesome, economical breakfasts; one-dish meals; wholesome supper dishes; uses of fruits and fruit drinks; selection of colors, styles and material for cotton dresses; make and fit dresses; culling and feeding for laying; selecting breeding stock.

In 1934, Frederick County had a county-wide campaign for more living from garden and pantry shelves. Contestants were to plant at least 17 vegetables — of which 3 or more were leafy veg-

etables and 6 or more were fall vegetables. The garden was planned so as to provide vegetables for every month of the year, either in fresh state or canned or stored. They were to can for each member of the family at least 10 quarts of tomatoes, 15 quarts of other vegetables, 15 quarts of fruits. They had to keep a garden and canning record so they could report at the end of the campaign; 116 women joined the home garden campaign. Mr. G. W. Morris of the Southern Chemical Company of Winchester gave a 5-pound bag of Chilean nitrate of soda to each contestant. Kerr Glass Corporation and Ball Brothers had contests and gave prizes for the best canning records for girls and women. Ober and Sons Fertilizer Company in Winchester cooperated with contestants in the garden campaign by donating a 5-pound sack of mixed fertilizer to each member who bought a 167-pound sack of fertilizer from their plant.

Homemakers and 4-H Clubs cooperated with Garden Clubs and other Clubs in a dogwood planting project and the Fairview Club planted rose bushes as a community project.

Demonstrations during 1934 included: use of home grown grains for breakfast cereals, egg omelets and egg custards, fruit dishes, vegetable loaf, meat and meat substitutes, bread making, yeast breads; color in the home, refinishing furniture, dustless dust cloths, windows and their treatment; ten rules of health in eating, how to stand and walk correctly, personal grooming including care of nails, hair, etc.; do's and don'ts at the table; recipes for floor wax and linoleum cleaner and wax; care of baby chicks and poultry problems.

Members were urged to grow small fruits such as strawberries, raspberries, dewberries and the like; to raise better chickens instead of more chickens; to trim and dock lambs for better prices, faster growth, better quality of meat.

Hilda Cather was awarded a medal by Chicago Mail Order Company for winning first prize in the county correct dress contest for work, sport and dress clothes.

Hilda Orndorff won first place in the homemaking achievement contest and got a medal of honor for Frederick County.

The Stephens City Club won the prize at Achievement Day for the best report, best accomplishments, best appearance and attendance. There were 7 Clubs with 265 women enrolled in 1934; 183 members refinished 419 pieces of furniture and made slipcovers for 41 pieces; 246 containers of soup mixture and tomatoes were canned for school hot lunches in addition to cocoa and milk. Drought hindered the garden program but 58,239 quarts were canned, 800 pounds were dried and 2,996 bushels were stored.

A demonstration by Miss Agnes Maupin, representative of Kerr Glass Corporation, with the assistance of Miss Elizabeth Farrar, HD Agent, was given on canning chicken, beef stock, fried and

stewed guinea, back bone and a meat stew. They urged women to use a large selection of meats.

The first annual District meeting was held in Charlottesville on April 4, 1935. Virginia Homemakers were divided into 4 Districts just a year before. More than 500 delegates were in attendance. Delegates from Frederick County were: Mrs. Genevieve Stipe of Stephenson, who was County Chairman of Roadside Beautification; Mrs. Erle Edwards of Albin; Mrs. Effie Derflinger of Middletown; Miss Ruth Beatty and Mrs. R. R. Stickley of Middletown; and Miss Elizabeth Farrar, Home Agent.

The Adult Achievement Day for 1935 was held on November 13. Nine Clubs, under the supervision of Miss Elizabeth Farrar and her assistant, Mrs. Louise Cooley, presented a dress revue of 57 dresses dating from 1750 to the present date. Miss Maude E. Wallace State H. D. Agent, addressed the audience on "How to Keep the Family Happy" by economic stability, adequate space in the home, mechanical conveniences, attractive home surroundings, something to stimulate the mind and make one mentally alert, family council, recreation, spiritual development. Mrs. W. F. Boggs, of Stephenson, President of the Advisory Board, presided. Mrs. C. C. Bowen, of Middletown, county delegate to the State convention, gave a report. The North Frederick Club got the prize for the best annual report, largest amount of work accomplished and largest attendance.

Projects chosen for the coming year were: room improvement, hobbies, parliamentary procedure, correct dress, growth work; demonstrations on gifts made from feed bags, automobile license plates, cigar boxes, clothes pins, etc. The campaign committee decided to feature house and furniture repair such as roofs, chimneys, windows, interior walls, floors and furniture.

Demonstrations given during 1935 were: home dyeing to re-new faded garments, soap making, outdoor cooking, reseating chairs with fibre or cane or splints, attractive kitchens, homemade labor-savers, iced drinks, congealed meat substitute, vegetable and plain fruit salads, jelly making, cheese making, carrot-apple-peach conserve, meat canning.

Eight of the Homemakers Clubs presented a Dress Revue at Stephens City on December 5 for the benefit of the Home Demonstration Advisory Board. The costumes modeled were from 1695 through 1935.

A survey of rural electrification was started early in 1935 by an electric power company as part of a nation-wide program to lay groundwork for more general use of electricity and electrical appliances for rural folks. The Rural Electrification Administration was created by Executive Order by President Franklin D. Roosevelt on May 11, 1935. It received statutory authority a year later with the Rural Electrification Act passed by Congress, and a whole

new life-style was to be offered to hundreds of thousands of rural families.

The big headlines on March 18, 1936 were about the "Terrific Flood." The Shenandoah River was 15 feet above normal at Front Royal and 33 feet above the low water level at Berryville. Power plants were forced to shut down. Motor boats were used to reach the plants. There were no street lights. Plants depending upon electric power had to close. A house occupied by Mr. and Mrs. Harry Catlett and four children, located at Gore, Virginia, on Back Creek, was washed away. Two of the children, the oldest and the youngest, escaped.

The Gainesboro school children were unable to return to their homes as the Back Creek bridge on their bus route had been washed out. They spent the night in the school house. Mrs. Lucy Mauck and Mrs. Walter Adams, HD women, provided food and blankets for all of them. James H. Adams, driver of the bus, and Mr. Fred C. Braithwaite, principal of the school, stayed with the children.

Home Demonstration members helped in the drive by the Red Cross to raise funds and other aids for the more than 38,000 people in the 11 States which were affected by the flood.

More than 500 women from 14 counties attended the second annual meeting of the Northern District of the Virginia Federation of Home Demonstration Clubs at Madison, April 8, 1936. Talks given were: "Milestones in the State Federation," and "What is a Satisfying Rural Life." Eighteen H.D. members from Frederick County attended the District meeting; twelve members attended the State meeting and twenty members attended the Associated Country Women of the World meeting in Washington, D.C.

Demonstrations during 1936 were: making the best use of commercial patterns, easy finishes for wash dresses, becoming hats for individuals, room improvement, deep fat frying, quick biscuits and variations, milky way to family health.

Miss Elizabeth Farrar, Home Agent, got a three months leave of absence, May 1936, to take a summer course at the University of Tennessee. Miss Agnes Mason, who was stationed in Charlottesville, served as Assistant Home Agent during Miss Farrar's absence. Miss Mason was a native of Boynton, Mecklenburg County. She graduated from Harrisonburg State Teachers College with a B.S. degree in Home Economics, was a home economist for Virginia Public Service Company there, and was assistant agent in Amherst County for several months before coming to Frederick County.

The summary for the year 1936 showed: 9 HD Clubs with 243 members; 200 women were reached indirectly; work was done with one unorganized group; food was the major project; 20% of the families were serving better balanced meals and packing better balanced lunches; 107 individuals improved their health by weight

control and posture; 42,738 quarts of food valued at \$10,397.50 were canned, 586 pounds of fruit and vegetables were dried, and 1,558 bushels were stored for winter use — the decrease from last year was due to the summer drouth; 75 pounds of yellow cheese were made by 3 members; 22 made dressing tables; 137 women made canning budgets and 55 competed in the Ball and Kerr contests; one Club had a canning bee; 72 quarts of soup mixture was canned for the school hot lunch project during the winter; 12 pressure cookers were bought the past two years; 438 homes participated in the Better Housing campaign, water systems were installed, painting was done inside and outside the homes, leaky roofs and defective chimneys were repaired, lawns and shrubbery and native trees were planted. Nine sewing machines were cleaned and repaired. Two Homemakers were Flock Demonstrators. One had the honor of having her flock rank highest in egg production of any contestant in the State during the month of October. They kept accurate records on their flocks from month to month.

Semi-annual meetings were held by the County Advisory Board. The County Advisory Board was the forerunner of our present-day County Council.

Miss Maude E. Wallace, State HD Agent for eight years, was promoted to Office of Assistant Director of Extension in charge of home demonstration work in 1937. During Miss Wallace's eight years in Virginia, the staff of HD assistants increased from 38 county and state workers to 57. The program in 1937 was carried in 1,009 communities in the State to over 17,000 girls and 18,000 women — a marked progress from the 4,000 women in HD work when Miss Wallace started as HD agent. The program not only brought information to the women and girls but did much in raising the standards of living and in developing rural leadership.

Miss Mary Lee Dovel, who served five weeks in May and June, 1937, in Frederick County, was appointed as HD agent in Shenandoah County June 23. The announcement was made by Miss Elizabeth Farrar, under whose supervision Miss Dovel received her training in the field. She was a native of Rockingham County, attended Harrisonburg College, and taught Home Economics in public schools at Mt. Clinton, Virginia, before coming to Frederick County.

The ninth annual session of the Institute of Rural Affairs, held July 27-29, at V.P.I. in Blacksburg, Virginia used the theme "Conservation of Human Resources," which was chosen to emphasize all agriculture and conservation programs initiated by the State and Federal governments to improve the living standards for the farm people of the State. The Institute was started in 1928 at the suggestion of American Country Life Association. It provided a place in the southern states for an open forum discussion of mutual problems. It was directed by the Agriculture faculty of V.P.I. and the Board of Advisors made up of prominent agriculture leaders

from surrounding States.

On September 29, 1937, the Stephens City Club gave a party for Miss Elizabeth Farrar, who was to leave October 1 for a new post in Lexington, Rockbridge County, Virginia. She was Home Agent in Frederick County for seven years. Her successor was Miss Madeline Blair, of Lexington.

The Federal Surplus Commodities began purchases in September of fruit to be distributed through relief agencies. The Agriculture Adjustment Administration offered 50¢ per hundred pounds bulk or 50¢ per bushel of apples. The Agriculture Adjustment Act of 1933, and later legislation were passed by Congress to help stabilize farm prices and give farmers parity of income with other parts of the economy. The purchase of surplus commodities was one way to help regulate farm prices.

Some demonstrations given during 1937 were: home-made rugs and mats, handy helps for kitchens, winter gardens indoors, corn and cornmeal dishes, crocheted and knitted bedspreads, adequate storage, how to spend wisely, selection of proper shoes, posture and how it affects one's health, useful home accessories, uses of milk.

Miss Margaret Flickinger, Home Service Department of Northern Virginia Power Company, gave a demonstration on making and decorating fruit cakes.

Miss Ethel Fisher, assistant agent, gave a talk on consumer buying and discussed the farm and home outlook for 1937. Good Health, the Foundation of Good Appearance and useful accessories, desk accessories, and road beautification were projects or lessons.

A bingo party was sponsored to raise funds for benefit of flood victims.

"Our Homes Advertise Us" campaign to improve homes set their goal at 500 homes. Each Club was to enroll homeowners who were not club members and secure at least 3 homeowners who have tenant houses. Inspection was made and awards were given. Improvements included pantry shelves and racks and new cabinets in kitchens, put fuel-wood-box on legs or casters, closet space for clothing and linens, porch floors and steps repaired, sagging gates repaired, improved and painted fences, outhouses were screened from view, and borders were planted with flowers.

A county-wide clean-up campaign for the week of April 11, 1938 used the slogan "Paint Up, Pick Up, Slick Up." A cash prize of \$2.50 was won by Mrs. Julia Wright.

Pruning of fruit trees became a necessity, and traps were made for the war on Japanese beetles that were very destructive. Other problems were the use of legumes, proper rotation, use of lime and practice of cultivation of land subject to erosion. Plowless farms

were the answer to some erosion. Three of every eight farmers in Virginia found it necessary to work for pay not connected with farms at this time.

Demonstrations for 1938 included: First Aid, color in the home, feed bags, slip covers, old furniture takes on new life, window treatment and curtains, hooked rugs, pictures in their places, cottage cheese dishes, pickles, salads, sandwiches, frozen desserts, quick refreshments, control of household pests. It was stressed that apples are food, drink, and medicine, and fruit juices are valuable in hospitals.

The annual report showed: 10 Clubs with 235 members; 250 pounds of cheese were made; 10,003 quarts fruit, 10,992 quarts vegetables and 2,168 quarts meat were canned; 5,258 quarts of jams, jellies and preserves were made; 290 gallons of kraut; 511 pounds vegetables and 133 pounds fruit dried; 26 pieces of furniture upholstered; 40 stools made; 36 chair seated, 27 repaired; 262 pairs curtains and drapes made; 193 rooms refinished; 54 rugs and mats made; 70 slip covers made; 629 shrubs planted; 91 buildings remodeled, replaced or painted; 81 yards improved by walks, drives and entrances.

Demonstrations in 1939 included: Irish potatoes dishes; meat substitutes; simple refreshments; variations of yeast breads; feed bags made into sheets, pillow cases, underwear, draperies and burlap couch covers; pressure cookers for canning corn, lima beans, okra, squash, soup mixture, broccoli; peaches and tomatoes canned in hot water bath; making little things count; simple lunch-eons; step-saving kitchens; selection and care of small kitchen equipment; uses of fruits in diets; consumer education; kitchen storage; making punch, frozen custards. There were sewing machine clinics at which machines were cleaned, adjusted and put into proper condition.

One HD Club sponsored a chicken, oyster and ham dinner for the benefit of the Gainesboro High School project to purchase chairs for their auditorium. Approximately 300 attended the dinner and proceeds totalled over \$125.00.

Fruit trees were given shots of gout cure, colchicine, to speed up production of some improved varieties. The colchicine is so powerful and deep-seated in its effects upon plant tissue as to penetrate the individual cell and to alter normal cell division in such a way that new cells formed may be different from the normal cell of the variety, and thus develop new strains.

In 1940, frozen foods business increased more than 50% in two years. In 1938 there were 1,269 locker plants; in 1939 there were 1,861 locker plants; and in July 1940 there were 2,870 locker plants. This showed a new trend in food storage, and food preservation.

The Homemakers Achievement Day's emphasis was on uses of

apples. Miss Janet Cameron, Extension Food and Nutrition Specialist, spoke on the Homemakers part in National Defense.

In December 1940, there were 80 different varieties of food prepared from apples, including main dishes, appetizers, confections, desserts, and many others in an exhibit prepared by the Frederick County Home Demonstration Clubs members for the sessions of the Auxiliary of the Virginia Horticultural Society. Mr. L. B. Connelly, V.P.I. Experiment Station, stated that apple pomace was good silage for cattle.

In January 1941, President Franklin D. Roosevelt, in anticipation that war curtailment of foreign markets in cotton, wheat and tobacco might adversely affect some farmers, urged the Treasury Department to allow subsidies (benefit payments) to farmers who cooperate with the Agriculture Adjustment Association crop control programs. The subsidies would include payments for soil conservation and parity on sugar. The government was asked to buy 10,000,000 more bushels of surplus apples to stabilize prices. In 1940, the Agriculture Department bought 9,070,000 bushels of fresh and more than 15,800,000 bushels of dried apples and distributed them to needy people.

The National Youth Administration Project was to teach every phase of housekeeping to young girls 16 to 24 years of age, who left school before graduating. Mrs. Madeline Blair Myers was in charge of the program, sponsored by the Welfare office. Sewing, cooking, nutrition, and every phase of homemaking were taught.

Miss Elizabeth Sprouse, HD agent, and Miss Rachel Dugan, Farm Security Supervisor, were in charge of a mattress making program sponsored by the A.A.A. to use surplus cotton. The mattress was secured by a family of 4 or less with gross income of not over \$600 or larger families whose gross income did not exceed \$50 for each person over four. Each family paid \$1.00 to cover cost of supervision and equipment and they made the mattresses out of the material provided at the place designated. The full-size double mattress was obtained on a basis of one for each 2 persons in a family up to 3 mattresses. Applications were made at the A.A.A. Commodities office. A carload of cotton would make 480 mattresses. Volunteers from Home Demonstration Clubs supervised the work. Three people could make a mattress in 4 hours; 347 mattresses were made in Frederick County. Many cotton mattresses replaced straw ticks. The mattress program was carried in 40 Virginia counties.

Another HD project was making surgical dressings for the Red Cross. Material for 52,000 surgical dressings was sent to the Winchester Red Cross Chapter. Work was done by volunteers at the Presbyterian Church each Tuesday, Wednesday and Thursday. These dressings were for the Winchester Chapter's next quota to the U.S. Army. They made and shipped 2000 garments and 100 layettes, also.

As a result of the Northern Virginia survey for rural power in Frederick County approximately 65 families were to be served in the Star Tannery, Middle Road and Zepp sections. Approximately 13,400 rural Virginia families received electric service for the first time in 1940 — 8,187 were connected to new lines and 5,229 to lines built prior to 1940. Private electric utilities and 13 Rural Electric Administration financed electric cooperatives constructed and energized approximately 2,425 miles of new rural distribution lines in 1940.

Lessons were given on: mattress covers; pads; sheets; ventilation; pest control; sanitation; buying blankets, mattresses and springs; planning family finances, homes responsibilities.

The seventh annual District meeting was held in Winchester, April 1, 1941. More than 700 homemakers came from Augusta, Fairfax, Loudoun, Prince William, Rockbridge, Rockingham, Shenandoah and other counties besides Frederick County. All farm women were invited whether they had a Home Agent or not, especially Page, Warren and Clarke women. District President Mrs. W. I. Grove, Augusta County, presided. Miss Ella G. Agnew, State Director of Community Service Programs of W.P.A., said "It is impossible to separate National Defense from home defense; National Defense depends entirely on how the challenge is met in the home. The strength of a nation depends on strength of individual citizens recognizing their responsibilities." The panel discussion was on "National Defense."

There was a drive in 1941 for more gardens as a defense move. Young farmers experimented with contour plowing and strip cropping, and planted lespedeza and grass on hillsides to increase production and prevent or control erosion.

The Red Cross conducted classes in Home Nursing and First Aid, and received a new quota for 2,500 dressings. Our homemakers participated in these activities.

There was no State Meeting in 1942 because of curtailment of travel conditions due to World War II. It was not until 1947 that the Institute of Rural Affairs resumed its annual meetings. Small war-time conferences were held. Stress was put on food preservation and conservation, keeping families fit and preserving a satisfactory family life.

Home Demonstration Club members sold War Bonds. The seventh Bond Drive quota was \$168,000 but the drive was over-subscribed by a million dollars — \$1,168,000 — in one drive alone. The total War Bond sales is not known.

The slogan for the Victory Gardens was: "Vegetables for vitamins, vitality and victory." The demonstration program was revised to meet defense needs with emphasis on foods. Meat, poultry and dairy production, milk and egg consumption as related to

health, garden suggestions, conservation of woollens for household and wardrobe uses, conservation of foods, drying, canning and other methods, making cheese, storing foods, conservation of breads and cereals, and a coat school were lessons presented.

A slogan was: "Food will win the war and write the peace." Recipes were adjusted to use less sugar due to new regulations on sugar. Corn or maple sugar or honey were substituted for one-half of the sugar. Molasses or sorghum was too strong a flavor. Saccharin becomes very bitter when heated. In canning, thin or light sirup was used — 1 pound of sugar to 4 quarts of finished fruit. More fruits and vegetables were dried because of shortages of rubber, metal and other canning equipment. Lessons on storing of dried fruits and vegetables were given, with instructions that moisture-proof containers must be used.

Other problems began to confront our homemakers. Due to gas rationing, registration was required. This was done by periods according to names, alphabetically, for passenger cars and motorcycles only. Trucks, taxis, busses, non-highway consumers and all other users of gasoline were registered by a special group of registrars, who requested special information regarding type of vehicle and its use.

Other items that became rationed were: sugar, coffee, meat, shoes, and fuel oil. Ration books containing coupons for stated amounts and bearing expiration dates became a complicated task for redemption. A ration calendar appeared daily in the Winchester Evening Star which helped homemakers keep up to date on what stamps were good and when they expired. Wartime Housekeeper and Food News columns in the Star presented information on effects of war problems.

Sugar for canning was limited to 25 pounds. There was no nation-wide limit on the amount of sugar allowed each person but some Boards set individual limits of 10 or 15 pounds while others allowed as much as 45 pounds. Beginning May 15, 1943 rationing Boards throughout the country began receiving applications under the new regulations. No special form was required unless it was planned to sell the home products. Applications were made in person or by mail. Each applicant furnished a copy of War Ration Book Number 1 for each person for whom home canning sugar was sought, the total quarts or pounds to be put up and the amount of sugar to be used for making jams and jellies.

Restaurant food was rationed on the basis of sales and consumption. Owners registered under the point system on processed foods, sugar and coffee.

On June 11, 1943 the speed limit for cars was set at 35 miles per hour, primarily to save rubber but also to save gasoline. Persons caught speeding in non-essential driving had to surrender their gas ration coupons and in some instances their entire C book.

The size of flour sacks was changed by the War Production Board, to be effective after the supply on hand was exhausted. There would be no 12, 24, 48 or 98 pound sacks; they would be 10, 25, 50 and 100 pounds. No real reason was given, but it was called a "war measure." The bigger sizes did make the sacks bigger and more usable.

Another slogan was "Food Fights For Freedom." A demonstration was given on "Nutritious Dinners with Non-Rationed Points." Other lessons were based on war-time conditions.

In November 1943, Miss Elizabeth Sprouse resigned to accept a position in Salem, Virginia as Roanoke County Home Agent. Miss Ruth McNeil, graduate from Berea College, Berea, Kentucky became the new HD agent for Frederick County. She formerly taught home economics at Abingdon and was acting home agent of Washington County, Virginia before coming to Frederick County.

In 1944, more farmers were turning to contour farming and use of more phosphate and nitrogen fertilizers to increase production of feed crops and pastures. Miss McNeil, home agent, presented a Food for Victory program and conducted the Red Cross First Aid program. Nurses Aides were vitally needed in war effort. Also, yarn was sent to the Red Cross at various times for their quotas for Army and Navy sweaters and Army scarfs, which our homemakers helped knit.

The Home Demonstration Clubs of Frederick County received a Citation from the U.S. Treasury Department for their patriotic cooperation rendered in behalf of the War Finance Program. Mrs. Ethel Jolliffe, Chairman of the Women's Division of War Finance Committee in Winchester and Frederick County presented the Citation to Miss Ruth McNeil at the HD office. Home Demonstration members bought War Bonds and contributed to the purchase of an ambulance for the Navy, and later to the purchase of medical equipment. Money left over was used to purchase records and two record players for the McGuire's Veterans Hospital in Richmond, Va. This was a state-wide project.

The theme for the 1944 Achievement Day program was "H.D. Work in the Post-War Period." Maude E. Wallace, Assistant Director of Extension Work V.P.I., was the main speaker. Miss Ruth Hunter, District HD Agent, was a guest.

In 1945, there was a "paper holiday" — you brought your own shopping bags or market baskets as the paper situation was critical. Everyone was urged to save all of their paper. There were collections of tin cans and kitchen fats besides paper. The slogan was "save fats and paper and help win the war." There was a need for 170,000,000 pounds of salvage fats as the oil-bearing seed crop would not meet the requirements of the government. Farm women were urged to help in fat salvage.

A clothing drive was conducted to collect 50,000 pounds of clothing for the nation's needy. A \$10 award was offered to the student who contributed the most garments to the school clothing collection drive, for war relief overseas. Clothing, blankets, bedding and shoes were collected. The H.D.C. members collected, canned and shipped 1465 tins of surplus food in response to an appeal from the United Nations Relief and Rehabilitation Administration (UNRRA).

Applications for canning sugar were required again. Women were urged to can apples as insurance against food shortage. There was less sugar available so only 20 pounds per person was allowed (there was 25 pounds allowed in 1944), and it was stated that the amount might be reduced to 10 pounds per person. The regular sugar ration was 5 pounds per person every four months but the July ration was cut to 4 pounds per person.

Miss Ruth McNeil left Frederick County, July 12, to go to Buchanan County in southwest Virginia, near her home. Mrs. Madeline Blair Myers, former HD agent in Frederick County, assumed her duties as HD agent. Miss McNeil came to Frederick County from Washington County, December 1943, succeeding Miss Elizabeth Sprouse. Mrs. Myers, a native of Chatham, Virginia attended Averet College and Madison College. After leaving college, her first service as home agent was at Lexington. Then she served as home agent in Frederick County 1937 to 1940, when she was Miss Madeline Blair.

On August 17, 1945, gasoline rationing was ended, and gasoline sales spurted upward.

On October 1, shoe rationing ended, and shoe sales boomed. Rationing continued on the other items.

In August 1946, a campaign was launched to resume collections of salvaged fats. Women were told that the reason soap and soap flakes were hard to find was because housewives had stopped saving fats. It takes 1 pound of fat to make 6 bars of soap. The domestic production of fats was under peak production, there was more usage of soap so the demand was greater, hence the shortage. Grocers paid 4¢ a pound for kitchen fats. Women were urged to start saving fats again.

Miss Agnes Shirley of Berkeley Springs was appointed to succeed Mrs. Madeline B. Myers on September 1, 1946. She came from Greenbrier County, West Virginia where she had been engaged in Farm Security Administration work. She was a graduate of West Virginia University, and had several years experience in 4-H Club work. Mrs. Myers, who served in Frederick County from 1937 to 1940 had been pressed into service again when Miss Ruth McNeil resigned. Mrs. Myers agreed to serve for a year but asked to be relieved as soon as a permanent worker could be found.

In 1946, there were 10 clubs, with a total of 80 members. The Clubs were: Albin, Evandale, Friendly Grove, Gore, Middle Road, North Frederick, Shawnee, Stephens City, Stonewall, and West Frederick. Some demonstrations given during the year were: salads, use of pressure sauce pan, soap making, American and cream cheese, refrigeration of home foods, housekeeping, home lighting, wiring lamps, clothing construction, furniture clinic, Christmas decorations and gifts. Miss Agnes Shirley, Home Agent, started the practice of training leaders to give demonstrations, and to conduct meetings without her presence.

The program for Achievement Day was a Style Revue of the suits, coats and dresses they had made during the year. There was an exhibit of pictures, rugs, stands, stools, flower and Christmas gifts. Tickets were sold on two home-made cakes and \$45.00 was raised for the county and city restroom maintenance.

Sixty-one pieces of furniture were re-conditioned as a result of the furniture clinic. The coat and suit schools saved the women many dollars. The Federation Goal for the year for all clubs was "Rural Youth."

On June 10, 1947, Congress voted to end sugar rationing on October 31 but the Secretary of Agriculture would continue inventory control of sugar to March 31, 1948. Visible supplies of sugar had increased by 1,000,000 tons. It was argued that housewives needed the sugar soon for canning as fruit cannot wait for sugar; that last year a lot of fruits were abandoned because canning sugar could not be obtained. An increase of 15 pounds of sugar for canning was mentioned. That meant approximately 5 carloads of sugar for Frederick and Clarke counties, and that would preserve a lot of fruit. The bill did not affect price control of sugar nor directly affect rationing of sugar for industrial use.

A big Cuban crop of sugar granted 250,000 tons more than was originally allotted — the new allocation to the U.S. was 7,150,000 tons compared to the 6,800,000 tons earlier allocation — so, the House Banking Committee approved a bill on June 10 to end household rationing of sugar the day the bill became a law. Secretary of Agriculture Anderson issued the order to end sugar rationing, and thus beat Congress to the draw. Congress did go ahead with the bill to be sure there could be no order to return to controls later.

On June 12, 1947 the last war-imposed coupon control over the American public ended, as sugar rationing for home, restaurant and hotel use ended at midnight. After five years in which ration stamps meant more than money — when it came to meat, canned goods, shoes, tires, gasoline and a host of other things — individual Americans were free of coupon worries for the first time since April 28, 1942.

However, sugar price controls remained, and also rationing of industrial sugar. But these two controls were ended October 31.

Sugar was the first to be rationed and the last to be freed from coupon control.

On October 13, 1947, ten Home Demonstration Clubs helped stage a Farm-Home Labor-Saving show at the Lupton's Orchard Service plant. In charge of women's activities was Miss Lucy Blake, District HD agent. Demonstrations included: freezing green beans, sharpening scissors, how to iron a shirt, posture in housework, clothing repair and construction, handy wood box, garbage disposal, home laundry, kitchen cabinets, a recipe for a cleaning closet, adult storage, time savers any women can make, and a place for everything and everything in its place. More than 40 HD Club members were in charge of these demonstrations and serving the lunch. Mr. Walker McBond and Miss Agnes Shirley were co-chairmen. Over 100 pieces of home-made equipment and labor-saving methods were shown. Admission was free; the general public was invited. The Chamber of Commerce cooperated with the show, which was presented by the Virginia Agriculture Extension Service.

Demonstrations given at Clubs during 1947 included: candle-wicking bedspreads; pattern alteration and selection of material for work dresses; lighting; house dresses; picture and frame conditioning; use of freezer lockers; cake decorating; breads; rug making; tray painting; remodelling clothes, basic dress and accessories; wills-deeds-contracts; and sewing machine clinic. The first Year-books for H.D. members in Frederick County were published for 1947, listing officers, clubs, goals and programs.

Homemakers were urged to have meatless Tuesdays to help control meat prices, to use cheese and fish. Rationing was threatened again if prices were not kept under control. We were urged to "Eat less, Waste less" and save food for hungry Europeans. Flour prices were up so we were told to eat less bread and use less wheat. Wheat had hit the highest price in 30 years. Farmers were urged to use less wheat and corn in feeding livestock to reduce the shortage of wheat. Women were urged to cull all stewing hens out of their flocks as they were past their egg-laying prime.

The Agriculture Department conducted a hen-buying program to reduce the size of poultry flocks and conserve grain for aid abroad. The hens were kept in cold storage and released when supplies were scarce. Some were used by the armed forces and some were exported to help feed hungry Europeans. The Agriculture Department bought the hens through processors who paid prices set by the Department. Prices were: 15¢ for 3½ to 4½ lbs. hens and 20¢ for those 4½ pounds or over.

The Frederick County Extension Homemakers were well represented at the District Meeting held at Culpeper on May 4, 1948 and at the Institute of Rural Affairs held at V.P.I. in Blacksburg on July 26-29. The Institute of Rural Affairs had been quiescent

since Pearl Harbor. The topics discussed were Health and Economics.

A big highlight for Frederick County and its surrounding area in 1948 was the arrival of the Freedom Train in Winchester on October 7. Only one other city in Virginia was visited by the Train in 1948. The Freedom Train, under the auspices of the American Heritage Foundation, began its tour on September 17, 1947. Its 33,000 miles itinerary through all 48 States to visit 305 cities did not permit a stop in Winchester in 1947. The Train, a streamliner, deluxe, had 7 all-metal cars drawn by a 2,000 horsepower diesel electric engine called "Spirit of 1776." It carried priceless historical documents including the Declaration of Independence, the Constitution of the U.S.A., the Gettysburg Address, the U.N. Charter, the surrender documents of World War II, and the British Magna Charta. A 10-minute movie "The American Heritage" was shown in local theaters the week preceding the arrival of the Train. The project was non-partisan and non-profit; its purpose was to make citizens aware of the advantages of being American citizens, and persuade every citizen that only by active personal participation in affairs of the community, state and nation can the liberties of free men be safeguarded and preserved.

The exhibit was open from 10:00 A.M. to 10:00 P.M. for the one day of October 7. A total of 9,603 persons visited the exhibit. They were very impressed but wished they could have had more time to read the documents. Although no admission was charged, each town had a quota to help defray expenses. Winchester's quota was \$1,000, which was paid to the American Heritage Foundation.

Achievement Day for HD members was October 28. The guest speaker was Mrs. T. J. Stockton, new District Chairman from Burke, Virginia, who talked on "Organizing Ourselves and Our Thinking as Homemakers." A style revue was presented and exhibits included counterpanes, rugs, art decorated articles, Christmas gifts and flower arrangements. A free luncheon was served but a silver-offering box was placed for contributions to help defray expenses, and all money over expenses was given to the hospital drive.

A record was set for Frederick County when 144 4-H girls in 10 clubs had a 100% completion of their projects for the first time in club history. They carried 315 projects in clothing, food, house-keeping, home beautification, and livestock. Also, a class of girls studied better methods in home electrification.

Demonstrations for HD Clubs included yeast breads and variations, cakes and variations, remodeling clothing, and accessories for a basic dress. Each Club contributed a \$5.00 scholarship to send a 4-H member to the County Camp.

A big event in 1949 for Frederick County HD members was helping their County Chairman Mrs. Mary Hannum serve 3000

attendants at a Four-State Farm Tour on the Murl Hannum and Stine Brothers (I. Fred and Herman) farms on August 19th. The estimated attendance was 800, they had prepared for 1,000, but at 10:30 A.M. they received word that 3,000 were coming. Their supplies were very inadequate so they had to get food from any and all available sources. A truckload of ice cream was sold. The ladies cleared \$1,000 for their county treasury.

This was the third annual Four-State Farm Tour. The attendance at the first Farm Tour in 1946 was 80; in 1947 was 300; and in 1948 it was 500, so the estimated attendance was 800 in 1949; the final count was about 4,000. The Tour was sponsored by farmers, implement dealers, and professional agriculture workers. The four States in the program were: Virginia, West Virginia, Maryland and Pennsylvania. The afternoon session attracted observers from as far away as Michigan and New York to see the demonstrations of modern techniques in farming. Demonstrations on the plow sole, fertilizer attachments on plows and corn cultivators, grain and hay dryers, pick-up balers and loading equipment, mower crusher, making grass silage, use of insecticides and application procedures for the control of flies on the farm, weed control in field corn. Discussions were held on problems in farming and soil conservation as 200,000 acres were in the conservation program, or about 3/4 of our nation's farmland.

Machines used for the demonstrations were provided by the Blue Ridge farm equipment club which comprised most of the farm dealers in the area. The Boy Scout troops in Winchester were commended for their fine job of directing traffic on narrow country roads and to the parking areas for the 1500 automobiles of the attendants.

The annual HD Achievement Day program at the First Baptist Church on October 26, 1949, was declared the largest and best in HD history in the county. More than 200 were in attendance, from all parts of the county. Judge E. Erle Edwards, the guest speaker, ably explained the proposed suffrage amendments. Miss Winifred Orndorff, County Health Nurse, outlined the health program. Mrs. Murl Hannum pledged the health program of the county HD clubs' support. Among the accomplishments reported by the clubs for the year were: helping 4-H girls; sponsoring the Red Cross bloodmobile visiting; serving 3000 people lunch at Field Day; studying citizenship; demonstrations on fruit plots; organizing Clubs at Middletown, Hayfield and Mt. Williams, contributing to Christian Rural Overseas Program (CROP); and helping raise \$1,425.49 for a carload of soybeans for our less fortunate friends in Europe. The display of art work was the largest ever. This included rugs, bedspreads, furniture, gifts, and flowers.

Other features were the pantomime of a HD meeting and the old time singing revue. Costumes were modeled dating back to 1860 and to the present date. Mary Triplett Cooper wore a costume

of the 1800s which was used in Chicago World's Fair. Mrs. Landon Whitacre wore a wedding gown of the 1870s. Miss Edith Jolliffe modelled her mother's wedding gown, and the costumes of the flapper era 1927 to 1929, were unusual in contrast. Wilda Jean Adams, State winner in the Leadership Contest, gave an inspiring report of her experiences at National Camp.

Health, citizenship and housing were stressed during the year, and demonstrations were given on: tray decoration, rug making, time saving through kitchen storage, oven meals, refrigerator salads and desserts, and program development. The theme for the District Meeting at Warrenton was "The Rural Woman — A World Citizen."

The first HD members from Frederick County to attend a national meeting of Home Demonstration Clubs were Mrs. Mary Hannum and Virginia Mason. They attended the National Meeting held in Biloxi, Mississippi in 1950.

Mrs. Mary Hannum, County Chairman of HD Clubs, served as Chairman for the Mothers' March on Polio and more than 150 county women took part in the march.

The theme for the November 3, 1950 Achievement Day program was: "The Virginia Farm Family at the Mid-Century." Miss Virginia Mason and Mrs. Muri Hannum reported on the National Meeting in Biloxi, Mississippi. The Stonewall Club reported on the United Nations. Rep. Burr P. Harrison, guest speaker, said that farming had become a much better way of life but the young people still looked longingly toward the big cities; and farming had become a science that required more education and technical knowledge.

Demonstrations during the year included: pressure cooker meals, canning clinics, making slip covers, oil painting and stenciling, rope chair seating, split bottoms in chairs, sewing machine attachments, and citizenship.

In 1951 committees were again formed to mobilize agriculture, with objectives similar to the old USDA War Boards during World War II. This, again, would affect the lives of Homemakers, with changes and challenges.

The annual district meeting for District VII was held in the James Wood High School in Winchester on May 1, 1951. It was the largest Federation Meeting ever held in the District. Approximately 750 Extension Homemakers, from 12 counties, were registered. Mrs. C. E. Myers, Virginia H.D.C. President, spoke on "Federation — Its Aims and Accomplishments." Miss Mary Louise Collings, Office of Field Studies, Extension Service, USDA, told of her work in Japan, and Mrs. Ernest Keller of Shenandoah County reported on her trip to ACWW in Denmark. Mrs. Mary Hannum reported on the National Meeting at Biloxi, Mississippi. The theme

for the meeting was: "The Family's Responsibilities in Today's World."

A three-year project of kitchen improvement in 17 kitchens was climaxed by a tour of HD members in July, 1951. Three kitchens visited in the morning were: Mrs. Robert Snapp of Opequon, Mrs. C. L. Butler at 539 N. Braddock St., and Mrs. Walter Solomon of Hayfield. A covered dish picnic lunch was served cafeteria style at the Whitacre Community Hall. A short Achievement program followed the lunch, with Miss Sallie Hill, Home Editor of Progressive Farmer magazine, as guest speaker. Then, the kitchen of Mrs. Mary Whitacre was visited. This event took the place of the 1951 HD Achievement Day.

Nine Frederick County HDC members attended the State Meeting at VPI July 31-August 4. They were: Mrs. Charles Bass, Mrs. Ray Hicks, Mrs. Miller Barley, Mrs. Georgia Thompson, Mrs. Mabel Armel, Miss Virginia Mason, Mrs. John Perry, Mrs. Walker McBond, and Miss Agnes Shirley, HD Agent. The theme of the meeting was "Today's Challenge to Rural Families."

Demonstrations for 1951 included: kitchen improvement, storage of clothing and linens, floor sanding, color in the home, metal craft, textile painting, landscaping, recreation training.

On December 30, 1951 it was announced that the penny-postcard, a fixture in American history for more than 75 years, would become non-existent as the rate was raised to two-cents.

Home Demonstration Club members sponsored the Red Cross Bloodmobile on March 10 and 11, 1952. They sponsored the Cancer Fund Drive in April by showing cancer films at HD meetings to aid in raising funds. They helped Winchester City celebrate its 200th Birthday, also. They studied a First Aid Course; assisted the Frederick County-Winchester Health Department with infant and child welfare; collected used clothing for needy families; made cancer bandages; painted and decorated trays for school cafeterias; helped paint community halls; arranged a county-wide tour of water-systems; ordered and assembled 60 poldon lamp kits; they worked on spring-tying and re-upholstering at a furniture clinic; they cut stencil patterns for textile painting; there were 14 small fruit plots and 14 storage projects result demonstrations; 19 members attended tailoring school; 450 pounds of Hong Kong grass rope was used to seat chairs and 17,000 feet of cane and cane webbing were used to seat 21 chairs. The tailoring school was conducted by Miss Iva Boyd Johnson, State Clothing Specialist. She taught them the latest techniques of tailoring in coats, suits, toppers and children's clothing. The members who attended the school were then qualified to teach others.

Other demonstrations included: master mixes, money-saving meat dishes, one-dish meals, making lamp shade covers, lamp shades of fiber glass, hammered aluminum trays and etching alumi-

num trays, and glass etching.

Another county-wide kitchen tour ended at the home of Mrs. William Bowers in Whitacre, Virginia and then a picnic lunch was served at the Redland Community Center.

In October the HD Clubs decided to join the Polio Parade. Mrs. Mary Whitacre, County Chairman, Mrs. Melvin Seldon, Publicity Chairman, Mrs. William Owing, Mrs. Frank Whitacre and Mrs. C. L. Butler attended the National Meeting in Washington, D.C. to receive instructions and make plans for the year's project.

HD Club members contributed \$50.00 toward religious education in Frederick County Public schools; \$1,000.00 was raised for Christian Rural Overseas Program (CROP); and they sponsored an emergency food shelf and clothing to take care of emergencies in time of fire or needy families.

In January 1953 a 3-day furniture upholstery clinic was held by the Frederick County HD Clubs at the Cork Street Christian Church for the purpose of teaching leaders in the techniques of re-upholstering their furniture. Thirty leaders worked on 14 pieces of furniture which included daveno beds, over-stuffed chairs, open-arm chairs and other assorted pieces. The clinic was conducted by Miss Agnes Shirley, HD Agent, and Miss Ruth Jamison, Home Furnishings Specialist from VPI. Miss Helen Rowe, HD Agent Clarke County, assisted them with the clinic.

Members of the HD Clubs decided to dedicate their 1953 Yearbook to one of their worthy members as an honor for her help and hospitality extended through the years as a HD member. Mrs. Harry Parke Lovett, charter member of the Stephens City HD Club, was the first member chosen for this honor. The first Yearbook was published in 1947 but they had never been dedicated to anyone prior to 1953. The Yearbooks contain information about County officers, Clubs and their presidents, meeting dates, club programs and leaders, hostesses, devotions, reminders, and other information.

The local Red Cross Chapter had drives each month for their Bloodmobile. On March 5, 1953 the HD members conducted the drive to recruit 219 donors as their quota was 150 pints of blood. They exceeded their quota as they collected 171 pints.

April was Cancer Month. Under the leadership of Miss Agnes Shirley, Home Agent, a Cancer Campaign to raise money for the Cancer program was started April 9, 1953. Movies — "Crusade" — were shown and lectures were presented. The following chairmen were appointed: Mrs. Bryan Kerns, Gore; Mrs. Zelda Bayliss, Friendly Grove; Mrs. Katie Patton, Albin; Mrs. James Swing, Middle Road; Mrs. Delilah Bell, Mt. Williams; Mrs. Landon Whitacre, North Frederick; Mrs. Oren Snapp, Shawnee; Miss Genevieve Massey, Stephens City; Mrs. Clarence Robinson, Stonewall; Mrs.

Walter Bowman, West Frederick; Mrs. William Lockhart, Hayfield; Mrs. Charles Hammack, Middletown; Mrs. Ada Ebersole, Valley Mill; Mrs. Nora Newcome, Evandale; Mrs. Naomi Lamp, County Chairman. The campaign was a big success.

Frederick county was changed to District IX when the State H.D.C. was divided into 12 Districts.

The 1953 District IX meeting was held in Woodstock. Each county presented a play representing work done in their county. Mrs. Will S. Dickinson, State HDC President, was guest speaker. She told the audience that 5½ million women in all parts of the U.S. were taking part in observance of Home Demonstration Week in observance of a half century since the first "Learning by Doing" demonstration was established by Dr. Seaman A. Knapp of USDA and the people of Terrell, Texas with the Mr. and Mrs. W. C. Porter giving the use of their farm. From this start has grown the Extension work of Land Grant Colleges. Dr. Knapp once said, "The home eventually controls the viewpoint of a man; you may do all that you have a mind to do in schools, but unless you reach in and get hold of that home and change its conditions you are nullifying the uplift of the school. We are reaching for the home." From his early work, home demonstration clubs have been established in almost every county in the U.S.A. and 4-H clubs have developed for the training of young people.

Other activities during 1953 were: the Mothers March on Polio, taking a Red Cross First Aid Course, and a tour of the newly remodelled kitchens of Mrs. Mary Whitacre and Mrs. Esther Snapp. Demonstrations included: poldon lamps; fiber glass lamp shades; winter salads, ices and sherbets; simple carpentry; hammered and etched aluminum trays; chair seating with cane and rope; stenciling; textile painting; winter flower arrangements; sewing machine clinic for cleaning and adjusting sewing machines; furniture clinic; upholstering clinic; re-styling hats; Christmas corsages and cookie recipes; clothing finishes.

The Achievement Day program held at the James Wood School on November 6, 1953 began with a buffet supper at 6:30 P.M. It was the first Achievement Day held in three years. A report on accomplishments the past three years was given by Mrs. William Owings, County Vice-Chairman. Mrs. Frank Whitacre led group singing, Mrs. Landon Whitacre played the piano accompaniment. Mrs. John Whitacre, County Chairman, conducted the meeting. Bebe and Tucker Campbell performed special dance numbers. Work done and completed the past three years was exhibited by the 15 clubs. They included: chair seating and repairing with cane and rope; stenciling; textile painting; hammered and etched aluminum trays; wired lamps; fiber glass and plastic lamp shades; simple carpentry; plaited rugs made; and sewing machines cleaned. Robert E. Aylor, Supt. of Schools, substituted for guest speaker G. H. Clark, District Agent, who was unable to attend because of the

snow storm. His talk was titled "Fifty Years of Extension Work." Approximately 150 attended the program.

Frederick County HD club members covered all the roads in the county for the Mothers' March of the 1954 Polio Campaign, and netted \$1225.00 for the drive, which was opened by fire sirens and factory whistles. Donors were asked to leave porch lights on, or use a light of any kind, such as candles or lanterns, in a conspicuous place. Mrs. Joseph Sharp was chairman of the HDC drive. Mrs. Murl Hannum was co-chairman. Captains of the 21 districts were: Mrs. Katy Patton, Miss Agnes V. Shirley, Mrs. John Whitacre, Mrs. H. M. Carbaugh, Mrs. Roy Wisecarver, Mrs. Genevieve Mason, Mrs. Ada Ebersole, Mrs. Helen Knight, Mrs. Leslie Lucas, Mrs. Ralph Bauserman, Mrs. Bryan Kerns, Mrs. Sharp, Mrs. Mary Hannum, Mrs. Vernon Unger, Mrs. Anne LaRue, Mrs. Rosemary Philips, Mrs. Helen Story, Mrs. Areta Sperry, Mrs. Jack Williamson, Mrs. Bertha Venskoske, Mrs. C. L. Butler, Mrs. Allen Carter, Mrs. George Bywaters, Mrs. Daisy Hopkins, Mrs. Orndorff of Star Tannery, and Mrs. Robert Duncan.

HD club members sponsored the Red Cross Bloodmobile on March 23. This was the first time in more than eight weeks and a quota of 150 pints was seriously needed for the Armed Forces and the local hospital, and also to supply gamma globulin which was used in inoculations against polio. They exceeded their quota by 26 pints.

Due to increasing size of HD clubs, existing clubs pledged to help newly-formed clubs and to carry six or more meetings without aid of the home agent being present, and to provide some office help for the home agent.

District IX meeting for 1954 was held on May 5 at Front Royal. Sixty women from 15 Frederick County HD clubs attended the meeting. Total attendance was 400, from the six counties in District IX — Clarke, Frederick, Loudoun, Page, Shenandoah and Warren. Frederick County gave \$300.60 toward the VPI Education Center Building Fund as part of a State-wide HD Federation project; this was more than any other county in the District. They also gave \$15.00 to Pennies for Friendship. Mrs. Harvey Koester of Front Royal, District President, presided. The principle speaker was Mrs. W. H. Carr of Appomattox, State HDC President.

Seven Frederick County HDC members attended the annual Institute of Rural Affairs at VPI in Blacksburg July 27. They were: Mrs. Vernon Unger, Chr. of Albin HDC and a county delegate; Mrs. Curtis Loy, member of Valley Mill HDC and a county delegate; Mrs. Charles Bass, Stephens City HDC and a member of the State Executive Board; Mrs. Mabel Brown, Valley Mill HDC; Mrs. Alfred Snapp, Middle Road HDC; Mrs. John Perry, West Frederick HDC; and Miss Agnes V. Shirley, home agent. Specialists discussed improvement of medical services in rural areas, market-

ing of farm products, international relations and other subjects pertaining to agriculture.

On October 15, hurricane Hazel struck a 200-mile-wide path of death and destruction through the center of Virginia. Winds of 100 miles per hour caused a 700,000 bushels apple loss in Frederick and Clarke counties. Over 4 inches of rain sent the Back Creek on a rampage that washed away a bridge and a car, isolated the home of Mr. and Mrs. Eldridge Pugh, and necessitated rescue of the family by the Gore Fire Company by using a ladder to cross over where the bridge had been. Their home was completely surrounded by water. Streets of towns and many acres of farmland were flooded. School children were dismissed early but one group of school children could not get home as the bridge on their bus route had been washed away so they spent the night in the schoolhouse. This brought back memories of the terrible flood in March 1936. That was the most rain since the same day 12 years before when 6.51 inches set a record. Hurricane Hazel ravaged 8 States, District of Columbia and Canada.

The 1954 Achievement Day held at the James Wood School began with a Buffet supper, November 18. The 13 Frederick County HD clubs displayed exhibits as follows: Albin, simple carpentry; Evandale, oil stenciling; Friendly Grove, textile painting; Gainesboro, lamp shades; Gore, hooked rugs; Middle Road, braided rugs; Middletown, tailoring techniques; North Frederick, making and wiring lamps; Shawnee, split bottom chairs; Stonewall, tray etching; Stephens City, federation goals activities and gifts suggestions; Valley Mill, chair caning; West Frederick, rope chair seating. Wilda Jean Adams, IFYE delegate to Finland, reported on her stay in that country and showed colored slides. More than 300 members, their families and friends attended the event.

Other demonstrations during the year included: plan, design and dye fabrics for hooked rugs on burlap; clothing finishes; making dress forms; improving clothes storage; diets for overweight, sick and aged persons; advanced textile painting; small fruits and grape pruning; First Aid Course, upholstery clinic.

The 1955 Mothers March on Polio was again opened with the sounds of fire sirens and factory whistles. The donors used porch lights or some kind of a light or a handkerchief tied on door knob in apartment or hotel rooms as a signal for the Mothers to stop for their donation. The goal was increased as funds were needed for the development of the Salk polio vaccine. Mrs. Anne LaRue, HD March Chairman, and her 14 Captains netted \$3,289.00. There were 100 volunteers in the city and 150 in the county. Mrs. Lester Singhass was the city chairman. HD Team Captains were: Mrs. J. W. Sharpe, HDC Chairman; Mrs. Robert Duncan; Mrs. Mary Hannum; Mrs. Harry Carbaugh; Mrs. Gwen Lunsford; Mrs. Garnet Heishman; Mrs. John Knight; Mrs. Paul Ebersole; Mrs. Carl Whittaker; Mrs. Katie Patton; Mrs. Irvin Williams; Mrs. Roy Wisecarver; Miss

Agnes Shirley, Extension Agent; and Mrs. Anne LaRue.

A big highlight of 1955 was the Beauty Jamboree sponsored by Curtis Publishing Company, publishers of Better Farming, formerly Country Gentleman. A color film to be shown on TV was made on February 2, 3, and 4 at the Round Hill Community Center with 50 Frederick County women participating in the Jamboree. Frederick County was chosen as one of three locations in the U.S. to be featured in the Beauty Jamboree.

The first day featured discussion and experiments to help each woman determine her beauty potential. The second day, they intensified their experiments and the third day, they discussed basic rules of dressing well and demonstrated the beauty in fashion knowledge they had gained. A story about the Beauty Jamboree appeared later in an issue of the Better Farming Magazine.

Mrs. Trudy Dye, Woman Editor, and Miss Jane Cleeland, Fashion Editor, helped with 25 executives of the magazine company and the companies whose products were used. They arrived by chartered plane from New York. Twenty country girls acted as models in a demonstration of cosmetic coordination conducted by the Beauty Editor, Miss Ruth Hoagland. Six Frederick County women acted as hostesses at the covered dish luncheons held each day.

First on the agenda was hair cutting preparatory to giving home permanents. Each woman participating received a green shopping bag filled with beauty aids and a chart showing basic face shapes and types.

To accommodate the powerful lights which were necessary for the color filming the Northern Virginia Power Company had run special lines into the building carrying 250 amps each. Lighting arrangements inside the building, done by Baker and Anderson, included 6 batteries of lights each complete with twelve 150 watts units.

Forty-six substitutes were signed up in case any of the original 50 dropped out. Following the permanents there were cream wash facials. Next on the agenda were hair styling, hair analysis, and use of hair rinses. The third morning covered daintiness, dental care, hand care, special quick grooming for parties, and grooming help for husbands. Last on the agenda was figure measurements with women working in pairs, as preparatory for work with foundation garments.

All stages of the Jamboree were photographed by Yoern Gordts of Salt Lake City, Utah who had worked with Miss Hoagland in six such events in the past several years prior to the local Jamboree.

Pepsodent, Lever Brothers, Bristol-Myers, Johnson & Johnson, Whitehall Pharmacy, Revlon, and Warner Brothers filmed it.

Many of the 50 women who participated in the three-day event which covered all phases of personal care and fashion trends were photographed in their homes, on the 4th day, doing everyday chores and also dressed for festive occasions. All women received large supplies of beauty aids and also foundation garments. The substitutes received recognition and beauty aids, also.

Six Frederick County HD women attended the Institute of Rural Affairs held at VPI in Blacksburg July 26-29. They were: Mrs. Anne LaRue, Mrs. E. C. Charnock, Mrs. A. B. Grove, Mrs. Miller Barley, Mrs. Charles Bass, and Miss Agnes Shirley, Extension Agent. Mrs. W. W. Hunt, of National Fruit Products Company, discussed grower-processor relationship. Dr. George Maters discussed the problem of apple scald and latest methods to reduce losses from it. After the speakers program, the attendants toured the horticultural farm and experimental plots of vegetables and ornamental plants.

On August 13 Hurricane Connie's fringe winds caused fruit damage, power and telephone problems, and brought the heaviest rain since 1942. The storm was not as bad as Hurricane Hazel in 1954 but the rainfall of 4.15 inches was the most fall in one day since October 15, 1954. Trees were blown down and some highways were blocked by debris and swollen rivers. Five days later Hurricane Diane hit Virginia. Her winds had diminished from 100 MPH to 40 MPH by the time she hit Virginia but she brought heavy rains that set an all-time record August rainfall of 10.46 inches for the month, and sent streams on a rampage again. Seventeen secondary roads in the county were closed when the Opequon River, Back Creek and Hogue Creek overflowed their banks.

Only two months in the history of local weather records at the Winchester Fruit Research Laboratories had been more than the August 1955 record. Those were October 1942 when 15.01 inches were recorded and July 1945 when 11.19 inches were recorded. Those figures were for entire months while the August figure was for just 18 days. (We did not find any statement later whether August 1955 broke those records or not).

On October 26 a Recognition Program was held to honor Mr. and Mrs. Ernest W. Adams, Jr. and their family who had received the Master Farm Family Award. They were the first farm family to be so honored in Frederick County.

The HD Clubs did not have an Achievement Day but had educational exhibits as part of the Frederick County Agricultural Fair of 1955. More than 2000 exhibits were entered by 400 exhibitors. Besides their exhibits at the Fair they had the following demonstrations during the year: Advanced First Aid by Red Cross, lessons on Atomic Warfare and Bomb Shelters, County Government, Family Insurance, Social Security Law, Money Management, Wise Use of Accessories in the Home, Hooked and Braided Rugs, Gifts

from the Kitchen, Slip Covers, Smoking, Simple Carpentry, and Crafts Clinic. Each Club gave canned goods for the Emergency Food Shelf, and participated in the Cancer Education Program.

The 1956 Mothers March on Polio began the same as it had been years before, with the sounding of fire sirens and factory whistles. The Mothers raised \$1380.00, much less than the year before.

The District IX Meeting was held at James Wood High School with Mrs. Murl Hannum, Frederick County HD Chairman, hostess. Each county presented a skit on their outstanding activity of the year. Frederick County presented "Wills," with Joseph A. Massie, Jr., Commonwealth Attorney for Frederick County assisting HD members. The Fruit Growers Association and National Fruit Producers Company provided fruit and processed products for the meeting. The theme was "Our Home — Our World." The main speaker was Rev. Albert G. Edwards, Pastor of First Presbyterian Church in Harrisonburg. Mrs. Ermal Geiss of Alexandria talked on Home Economics as a Career. Mrs. J. Blaine Owin of Fairfax, VHDC President gave her President's Report. Devotions on the theme "World Friendship and Peace" and the Pennies for Friendship were led by Mrs. George Wire of Loudoun County, Vice-President of District IX. Lunch was served by the Frederick County HD Clubs and all net proceeds went to the War Memorial Building.

Mr. Edwards' Address stressed ten points for a happy home: 1. Do not nag; 2. Do not try to make your mate over; 3. Do not criticize publicly; 4. Be ready to express appreciation; 5. Remember the importance of little things; 6. Remember to be courteous; 7. Never let the sun go down upon your anger; 8. Be willing to forgive and forget; 9. Pray together and worship together; 10. Practise the "diamond" rule which is "Do unto others as Jesus would do unto them."

The HD Clubs had educational exhibits again this year as part of the Agricultural Fair instead of an Achievement Day. Some of the exhibits were: candle making, flower arrangements, good grooming, hooked rugs, corsages, oil painting. Other lessons during the year were: kitchen planning, selection of kitchen utensils, better breakfasts, basic line in dress, slip covers, floor coverings for work areas. The Fair was held in the Armory in Winchester, September 13-15.

The HD program for 1957 started with the Mothers March on Polio with same procedure as years before. The March netted \$3650.00. Mrs. William LaRue was the HD Mothers Chairman.

District IX Meeting for 1957 was held at Berryville April 17. Mr. Frank L. Teuton, Information Officer for the Research Service Department, USDA, was the guest speaker. He spoke on "New Uses for Farm Crops." He used visual aids to show the flame-resistant cotton blankets, orange juice made from powder, rain-

coats made from hog lard, varnish from Irish potatoes, and more than 100 other items of interest. There were new foods, new feeds, new drugs, new fabrics, and new industrial products. Pretty girls modeled garments made from the new fibers research had developed. There was no report about attendance from Frederick County, except that plans had been made for some members to attend.

Commissioner of Agriculture Brinkley described the times as an "Era of agricultural adjustment — farms are more mechanized; fruit is supplemented by cattle and poultry."

The HD Clubs did not have an Achievement Day again in 1957 but had educational exhibits at the Agricultural Fair as they had done since 1954. The tenth annual Agricultural Fair was held September 13-15.

On December 5, 1957 IFYE (International Foreign Youth Exchange) certificates were awarded to Mr. and Mrs. D. L. Bowers and Mr. and Mrs. Sloane Wolfe for giving a home to Ingeborge Lervany of Norway, an IFYE student. Green Clover pins for long service in 4-H were awarded to Mrs. John Whitacre for 20 years service, Mrs. Sloane Wolfe for 15 years, and to Mrs. Anne Carbaugh, Mrs. Richard Goode, Mrs. Charles Hammack, Mrs. Robert Whitmore, S. M. Pugh, Bill Bierer and Hammond McDonald for 5 years each. Records showed 435 4-H girls were enrolled in 822 home economic projects and 738 were completed.

Demonstrations for the year were: master mixes, one dish meals, mealtime magic, glass etching, clothing finishes, aids to better sewing, First Aid kits and home medicine cabinets.

The HD Clubs did not sponsor the Mothers March on Polio in 1958 but many members helped with the collections. Mrs. Clarence H. Hill of Winchester was general chairman of the March.

District IX Meeting was held in Leesburg April 23 with Miss Maude E. Wallace as guest speaker. Miss Wallace, Assistant Director, spoke on "As the World Turns." (There was no follow up on this story in the Winchester Evening Star.)

Mr. Albert Beecher, State Specialist, taught leaders training on Planning Home Grounds. All HD Clubs planted Chinese Chestnut and thinshell walnut trees.

Twelve HDC members from Frederick County attended the Institute of Rural Affairs held at VPI & SU in Blacksburg, Virginia. Mrs. Charles Bass was State Federation Program of Work Chairman for "Art in Daily Living." Mrs. C. F. Babcock, State President, opened the 3-day program, July 25-28. Charles Wampler, Jr., Member of the House of Representatives, was the guest speaker. The HD women from Frederick County were: Mrs. Robert Whitmore, Mrs. Dorothy Anderson, Mrs. Hubert Cather, Mrs. Dorothy Painter, Mrs. Miller Barley, Mrs. Delilah Bell, Mrs. Howard Owings, Mrs. A. F. Lillard, Mrs. Bertha Venskoske and Miss Agnes Shirley.

For the fourth year in a row, the HDC members had exhibits at the Agricultural Fair instead of an Achievement Day. The more than 3500 exhibits by 419 persons were of better quality than a year before when a severe drought hit all crops. The 11th Annual Fair was held September 10-13, 1958. The HD exhibits were educational exhibits on activities of the members during the year.

Demonstrations during the year were: proper wearing apparel, selection of suitable and becoming accessories, insect and pest control, pruning, kitchen lighting, lighting work areas of living room, simple healthful refreshments, preparation of meals for the freezer, glass etching, Christmas music appreciation. Members had a Crafts work shop; had Christmas parties and exchanged gifts, and revealed secret pals; filled baskets of food for needy families; gave canned goods for the emergency food shelf; helped with the Cancer education program; worked for and gave contributions to various drives for funds.

Beginning with 1959 we had the extra resource of Miss Agnes Shirley's annual reports when she was Home Agent for Frederick County. Reports prior to 1959 had been lost or destroyed.

The HD women worked again for the Mothers March on Polio. This program had expanded and needed more funds. Net proceeds went to the National Foundation, formerly the National Foundation for Infantile Paralysis, which aids not only those stricken with polio but provides funds for polio serum, and helps those with arthritis and birth defects. Funds are used also for research on disorders of the central nervous system and on virus diseases in general. The drive was organized as in the past, with captains and committees for various zones. There was no report on the results of the drive.

The Frederick County HD community project of planting trees had the distinction of being the first adult group in the nation to do this kind of project. Each club planted walnut and chestnut seeds, and planted many trees. The project had been started three years before when Mr. C. E. Koontz, former Soil Conservation Service man, had offered the HD members some 2-year old grafted thin-shell black walnut trees to set out at \$2.00 each. About 70 trees were planted. Then he gave them 2 bushels of seed to plant. The next offer was Chinese Chestnut trees at 50¢ each, and more than a hundred were bought. Every club planted chestnut seeds and 4-H club members signed an agreement with their parents to "plant 3 chestnut trees each and take care of them" — 400 4-Hers received 1200 chestnut trees; 200 pounds of seed were planted for more trees for more 4-Hers and students. These trees were a blight-resistant variety. Some improved persimmon trees and Hazel nut trees were planted, also.

A demonstration, "New ways to use everyday foods," by Mrs. Mary L. Thompson, State Foods Specialist, provided recipes for

dishes for picnics, church suppers, youngsters' snacks, etc. Potato-burgers was a favorite with children and adults. The stuffed cabbage head recipes aroused members to try other meats such as corned beef, ground ham and beef, and even tuna fish — as well as sausage. She talked about the selection of cuts of meat and their preparation, also.

Miss Catherine Peery, State Rural Arts Specialist, demonstrated braided and hooked rugs at the War Memorial Building. Other demonstrations during the year were: Art through the Ages; slip covers and draperies; lamp conversion; consumer buying, clothing fabrics and ready-to-wear clothing; renew and remodel hats; how to handle wash-and-wear fabrics; clothing construction problems; importance of reading and filing labels; time and energy saving in the kitchen, laundry and in housekeeping; correct lighting in the home; chair caning and rope seating; needlepoint; swedish weaving; knitting, dried arrangements; First Aid, safety in the home; problem windows. Pressure cookers were kept in repair and gauges were tested for accurate pressure. Weight control was a special interest project. The result demonstrations were the family fruit plots of strawberries, raspberries, gooseberries and rhubarb. HD members rented freezer lockers space and filled them with fruits, vegetables and meats.

The Rescue Squad was chosen as a county-wide project the past 3 years. Each club contributed to the Fund; also, to the Cancer program, the emergency food shelf, TB seals and other civic programs.

The HDC members did not have an Achievement Day again, the fifth year in a row, but had educational exhibits at the Frederick County Agricultural Fair. They had 15 exhibits, and 187 members had other exhibits at the Fair. HD clubs manned the food stand and all net proceeds went to the Fair Association.

More than 100 HD members, from all clubs, attended the county-wide tea sponsored by the Stonewall Club to honor Mrs. Ed Grant who had been honored by having the 1959 Yearbook dedicated to her.

The 1960 District IX Meeting was held at the Randolph-Macon Academy in Front Royal on March 24. More than 300 HD members from the six counties of Clarke, Frederick, Loudoun, Page, Shenandoah and Warren attended the meeting. Mrs. Charles Bass, of Winchester, Past District IX President, reported on county activities. Mrs. N. L. Hendrick, VHDC President, was a guest speaker. Mrs. Leslie Keyser, well known in educational circles and consultant in elementary education in Warren and Rappahannock counties, was the principal speaker. She spoke on "Home — Yesterday, Today and Tomorrow," which was the theme of the meeting. The Skyline Caverns were toured after the meeting. Seventy-nine HD members from Frederick County observed National HD Week by attending the District IX Meeting.

Miss Margaret Flickinger, Northern Virginia Power Company, gave a demonstration on "Making the Best Use of Home Freezer." Mrs. Mary L. Thompson, State Foods Specialist, gave the demonstration "Choosing and Cutting Meats for Economy and Meat Preparation." Meat charts, bulletins and recipes were provided to 210 members, and they reported that the recipes were passed on to 300 others. Milk-burgers were a favorite with children and adults. Many lessons were carried over or repeated from the year before, such as, clothing construction problems, correct lighting, hooked and braided rugs, slip covers and draperies, selecting and adjusting patterns, and how to buy clothing fabrics and ready-to-wear garments. Other demonstrations during the year were: good grooming and posture; remodelling garments; tailoring; space savers for kitchen shelves; selection of floor coverings for work areas and their care; how to repair, frame, mat and hang pictures, and make shadow boxes; furniture finishes and refinishing all types of wood; chair caning and rope seating; upholstery; laundry work — soaps, bleaches, etc. and how to handle wash-and-wear fabrics; spatter leaf painting; reed basketery; candle making; Christmas decorations, dried arrangements.

Activities included: Rescue Squad drive for funds, Mothers March on Polio, assisting at Ruritan Yard Party for benefit of James Wood School Band uniforms, TB seals, cancer educational program, supplying emergency food shelf at the District Nurses' Office. More than 1000 chestnut trees were set out in 1960 and more seeds were planted again for more trees. Pecans, English walnuts, filberts and shellbarks were added to the list of nut trees in Frederick County. HD members had 14 educational exhibits at the Frederick County Agricultural Fair and 189 entered other exhibits at the Fair. HD members manned the Food Stand and proceeds went to the Fair Association. Home Beautification was carried as a project by 210 HD women who did some landscaping, planted shrubbery, improved entrances and mail boxes.

The HD Clubs held their first Achievement Day since 1954, on November 5, 1960 at the War Memorial Building in Winchester, with 140 in attendance. Mrs. John Bell, County HDC Chairman, presided. Mrs. Leslie Keyser spoke on "Our Home in a Changing World." Mrs. Charles Bass gave a report on "History of HD Work." A round-table on HD Achievement was conducted by Club Chairmen with Mrs. John Whitacre as moderator. Entertainment was the "Roaring Twenties" by club members. The 1960 Yearbook dedication was to Mrs. Charles Bass. Handbook, or Yearbook, dedications began in 1953 and the following had been honored in the order given: Mrs. Harry P. Lovett, Mrs. Walter Adams, Mrs. Julian Larrick, Mrs. Miller Barley, Mrs. Walter Larrick, Mrs. Lee Whitacre, and Mrs. Ed Grant.

Fields for study for 1961 were: housing (water systems, electricity, and storage), house furnishings, upholstering, time and energy management, clothing, youth, health, nutrition, arts, crafts,

good home lighting, home grounds, and nut trees propagation. It was felt that good home lighting needed special emphasis as electricity was available to 95% of homes in the county, 2/3 of farm homes and 1/3 of non-farm homes; many homes were built prior to 1919 and were poorly wired, and most homes built since then did not have adequate outlets to provide adequate lighting in reading and study areas.

With more and more homemakers working outside the home, more and more varied community projects taking up more time, and with the cost of living steadily rising, the need to find time for preparing nutritious and well-balanced meals for the family was felt. So, lessons were presented on baking breads as an economy measure, planning economical and nutritious oven meals, use of home freezer as a weight saver instead of eating leftovers, and also for food preservation. Table setting and service was stressed in an effort to build up the importance of the family members, and to teach children table etiquette as part of daily living. It was hoped that families would have more meals together, thus drawing the family closer together.

There were demonstrations on home production of foods, food preservation and storage, and small fruit plots to help people provide better nutrition for their families. There were demonstrations also, on how to save time, energy and money; clothing construction; studying the labeling law as it applies to fabrics and garments and studying the labels for information on sewing and taking care of the fabrics and garments; simple home repairs; study of paints on all surfaces and effects of color in various areas of the home; reupholstering furniture, refinishing woods; chair seating; and sewing machine clinics.

Educational exhibits set up at the annual Agricultural Fair were: Paints for all Surfaces; Beauty in the Home with Color; Chair Seating; Light Bulbs; Sewing Centers; and Upholstering. Paint stores, department stores, Northern Virginia Power Company and other businesses cooperated by loaning paints, fabrics, etc. for use in the demonstrations and exhibits.

Crafts taught were: metal tooling, reed basketry, tray etching, lamp shades, candle making, and Christmas decorations. Many members beautified their homes by landscaping the grounds, planting shrubbery, improving entrances and mail boxes.

Clubs contributed to the War Memorial Building Fund, sponsored the Porchlight Parade for Polio, helped with the Cancer educational program and assisted with the Ruritan Yard Party for benefit of James Wood School (more than \$6400.00 was raised over a 9-year period toward band uniforms, band instruments and athletic field bleachers). There was no emergency food shelf in 1961 as the Red Cross office was moved and there was no room for the "shelf."

Each HD Club had a 4-H Chairman. These Chairmen served on the Fair Committee as advisors, helped plan the Fair, acted as organizational and project leaders, furnished transportation, judged at contests, furnished project materials, and helped train club members to become future leaders by giving them responsibilities. The HD members assisted the 4-H clubs in all money-making events. They manned the food stand at the Fair and gave the net proceeds to the Fair Association.

For the Civil Defense program, Mrs. Lloyd Helwick, HD Federation Program of Work Chairman, contacted the City Council and the Frederick County Board of Supervisors and got a coordinator, Mr. Jack McQuiston, appointed. A county-wide meeting was held, with an experienced speaker on "Fallout"; and movies were shown. The entire city and county were contacted through clubs, schools and churches. Literature was given and adequately equipped shelters for a 2-week stay were stressed. Many other community meetings were held, radio programs were given and news articles were printed. A number of bomb shelters were built and First Aid classes taken. Each Club had a Civil Defense Chairman who worked with the County CD Chairman, and each Club had the demonstration "Home Preparedness for Civil Defense." The Winchester Evening Star printed a series of 15 articles by an expert, Professor Willard B. Libby, on what to do in the event an atomic bomb were dropped. Plans were made to carry Civil Defense as a county-wide project again in 1962.

The HD Achievement Day Program was held November 11, 1961 at the War Memorial Building. Mrs. Joseph Hott, County HD Chairman, presided. Mrs. Vernon Unger, County HD Secretary, gave the County Report. Dr. Melton Wright, guest speaker, addressed the members on "The Foundation Stone of Society." Entertainment was a piano selection by Linda Massie, a monologue by Georgia Carbaugh, and a song "Bless This House" by Dixie Branner — all 4-Hers. The Yearbook dedication was to Mrs. John D. Whitacre.

County-wide chartered-bus educational trips were taken to Baltimore to see the Sherwood Tulip and Azalea Gardens, to Washington, D.C., to Florida, to California, and other historical places.

The Cuban Crisis had alerted everyone and brought a renewal of emphasis on Civil Defense. Each HD Club had a Civil Defense Chairman who worked with the County C.D. Chairman as they had the year before. An educational meeting for volunteer C.D. workers informed them of different phases of survival facts which could be used to answer questions by the general public. A series of news articles appeared in the Winchester Evening Star and the Northern Virginia Daily on phases of nuclear attack as it affects rural water, feed and food supplies. Articles also stressed how people and livestock could survive, and the greatest emphasis was placed on the fact that humanity could survive through a nuclear attack.

Several radio programs were devoted to survival topics of livestock and people on both WHPL and WINC. Educational programs on bomb shelters, food supplies and equipment, family plans, first aid, and the importance of a two-weeks food supply for survival were presented by the Extension Service.

Nutrition programs covered oven dish meals (meat substitutes and using leftovers), pickles and relishes, master mixes and quick breads, freezing foods, menu planning and methods of food preparation, and economical buying. A demonstration on Seafood Cookery was given by the Fish and Wildlife Department.

Crafts taught were: cake decorating, oil stenciling, knitting, dried flowers, hat making, metal tooling. There were classes in upholstering, chair caning, clothing construction, and furniture refinishing. Some of the Clubs exhibited articles at the Quota Arts and Crafts Show held in October.

HD members learned to judge good furniture construction, to identify wood in furniture and refinishing, learned upholstering and fabric selection. Wood samples and literature were supplied and a tour was conducted through the Henkel-Harris Furniture plant, one of the six best furniture-making factories in the nation. On the tour they learned about good furniture construction and how to take care of it.

The new fabrics created construction problems so lessons were presented on handling the new fabrics, sewing techniques and care, ironing short cuts, choosing becoming clothes and accessories. Labels were stressed and all were urged to save the labels and follow directions carefully. Each of the 15 Clubs was given a demonstration on "New Fabrics."

The Sight Conservation project was repeated; dried flowers methods and arranging and corsage making were taught; a lesson on Wills and Deeds was presented at a public meeting; and in housing, help was given on planning, remodeling and repairing, and in arranging laundry equipment. Each club held a community meeting on Hair Styling and secured a beauty operator to give the demonstration. County-wide community projects included the War Memorial Building Fund, educational work on the Cancer program with a drive to urge all women to have a Pap Test for uterine cancer, assisting county youth programs, maintaining a public restroom, and a county-wide HD picnic.

Time Management was a special topic — 15 leaders from 15 Clubs kept time sheets for a week. They were summarized and the results were studied. Results showed a need for education in saving time in care of the house and in some areas of nutrition. Then, members of each HD club kept a time and menu sheet for a week. The State Specialist, with the National Home Management Specialist, selected Frederick County as a typical rural county and used the results of the study for a bulletin to be used all over the State

in the HD clubs and by the college home economics department to study ways homemakers use their time — a topic that homemakers need help on more and more as they continue to work outside the home in greater numbers every year. Forty time sheets were needed for the study but more than 50 were turned in. The women were glad to cooperate.

Miss Margaret Flickinger, Northern Virginia Power Company, on April 10, pointed out in her demonstration on "Invitation to Real Living" that there is a wealth of health in having a convenient freezer in your own home, that one can plan more nutritious meals and put more fun into meal planning, that the new electric refrigerator-freezers give families a world of food at their fingertips. Recipes were distributed to the attendants.

The District IX Meeting was held April 18, 1962 at Berryville. Approximately 300 attended and heard Dr. K. F. Warner, Dept. of Agriculture at Beltsville, Maryland, talk on "Children Want to Grow." The theme for the all-day sessions was "The Responsibility of the Home in a Changing World." Mrs. S. S. Gilbert, Vice-President HDC, was a special speaker. The welcome address was made by Mrs. Garland McClaughry of Pine Grove, Chairman of the Clarke County Clubs. Mrs. Charles Enders led group singing, accompanied by Mrs. Thomas Keating. Sixty-seven HD members from Frederick County attended the meeting.

The HDC members had a County-wide picnic in the Lion's Shelter in the Winchester Park, on August 9, instead of an Achievement Day. Mrs. C. L. Butler was chairman of the menu committee and Mrs. Hubert Cather was chairman of the recreation committee. More than 150 attended. The members voted to not participate in the Frederick County Fair so other organizations could be given the opportunity to take part as superintendents of the adult home-making section and work in the food stand.

1963

The annual District IX meeting was held at the War Memorial Building in Winchester on April 3; Mrs. Joseph Hott of Frederick County gave the welcome; Mrs. Glen Dale Foltz, District IX President, conducted the business session; Mrs. W. E. Sealock, Jr., District Vice-President, conducted the afternoon session. Dr. Melton Wright, Director of Instruction in Frederick County schools; spoke on "Education — The Gateway to Progress." He said that progress has taken man from the primitive stages of his early development to his present level of scientific-technological achievements, and that education was the key that opened the gateway to this progress. Changes have taken place in transportation, science, and medicine. Education played a key role in unlocking the gateway to the establishment of our great republic. He discussed the role of education in the economy, in cultural development and industrial expansion, and the rise of the middle class in this country. He said

education begins in the home and challenged the HDC members to strengthen their homes in the area of education in teaching respect, moral and spiritual values and love of country. He told how the schools are placing strong emphasis on the development of the individuality of every child, and the need for more vocational and technical schools. He made comparisons of communism and Christianity and said, "We must not let God die. We must keep faith alive and make God relevant in our daily lives. We must not become so progressive that we forget God or leave Him behind."

The Frederick County HD members served lunches buffet style to the more than 350 people at the meeting. The Clubs cleared \$486 for their county treasury.

Many HD members are 4-H leaders and at the 4-H Recognition Event in 1963, Mrs. Reid Lunsford received the 4-H Alumni Award, and a ten-year leader's pin. Mrs. Charles Hammack also received a ten-year pin, and Mesdames Wolfe, Phillips and Andrews received five-year pins.

The HD members helped every year with the Mothers March on Polio, or the March of Dimes. Mrs. Mary Hannum was the 1963 County Chairman and more than 150 HD members helped her in the drive for funds.

The State Federation of HD Clubs adopted the program of encouraging all HD Clubs to show the two cancer films, "Time and Two Women" and "Breast Self-Examination," and to have a Pap Smear Test. Mrs. Joseph Hott, County HD Chairman, appointed a publicity chairman in each HD club to handle publicity, put up posters and encourage all members to get people to attend a county-wide meeting to show the films. More than 500 women attended the meeting. Literature was given to each person. Dr. Boyd, in charge of the cancer films, reported that doctors were swamped with women coming in for the tests.

The Stephens City Club was cited for its work in keeping the Cancer Loan Closet supplied with dressings, etc. for all patients in the county and in Winchester. They were swamped with calls and asked for help. Three other clubs answered their call for help. Miss Agnes Shirley, HD Agent, received a ten-year citation for her work with HD clubs and the Cancer Society.

The State Clothing Specialist gave training in "Line and Design for Figure Glamor" and "Dressing for the Occasion." Miss Agnes Shirley, Home Agent, gave a demonstration on "Foundation Garments" to all 15 clubs. Four beginner classes in sewing were taught by Mrs. Rhoda Kemp, Mrs. Charles Hammack, Dorothy Wilson, and Betty McDonald. Mrs. Joseph Hott taught how to work in wool construction. Miss Agnes Shirley, Home Agent, taught working with silk and slippery fabrics. All had help on fabric and pattern selection prior to their classes. Two tailoring and general sewing construction workshops were taught by Miss

Margaret Groseclose.

Nutrition education included: planning family meals, and eating for good looks, by State Specialists; better family breakfasts by Miss Agnes Shirley, Home Agent; and latest techniques in freezing foods and use of the home freezer, by Miss Margaret Flickinger, Northern Va. Power Company, Home Economist.

Crafts included: Cake decorating, chair caning, mesh and crewel embroidery, needlepoint, and continuation of knitting, hat making, and dried flowers. Cake decorating classes were started by Mrs. Walter Adams but she became ill and Mrs. Ward of Ward's Bakery taught the classes until Mrs. Betty Bauserman took over the classes. It was stressed that it takes practice to develop the skill. Mrs. Gordon Armel taught how to make hats with feathers — how to sort them for the best to use, how to glue them on in a design, and how to combine the colors. Miss Catherine Perry, State Specialist, taught mesh embroidery, needlepoint and crewel embroidery. Chair caning was taught by leaders who had been trained several years before.

"Deceptive Packaging and Package Insurance" was taught by Mrs. Ocie J. O'Brien, State Specialist, as consumer education was needed for home makers who lacked knowledge of packaging, weight and measures, deceptive packaging, and types of insurance available. Store managers commented on the number of women who were reading labels and figuring costs.

Civil Defense emphasis was on a two-week food supply for each household. Sight conservation, landscaping, the county restroom, upholstering and housing were continued as projects. Other projects included kitchen improvement, water systems, clothing and linen storage, and small fruit plots. Help and contributions were given to many worthwhile projects.

1964

All crafts taught the past two years were continued; and county projects were continued. Egg shell decorating was taught by Mrs. John Witherspoon from Frederick, Maryland. Early American stenciling, corn husk and dried apple dolls were taught by the State Arts and Crafts Specialist. Miss Agnes Shirley, Home Agent, taught basic hemstitching and double Italian hemstitching. Mr. Taylor, Northern Va. Power Company, taught wiring lamps, safety with electricity, and simple electric work that can be done in the home. Ceramics classes were taught by Allen Bame at the James Wood High School.

Civil Defense information was given as it came from the press. Education included shelters, food supplies, equipment, family planning, fallout data, first aid, etc.

Mrs. Rhoda Kemp, Mrs. Charles Hammack and Mrs. Joseph Hott conducted classes in sewing and clothing construction. Miss

Agnes Shirley, Home Agent, assisted with fitting, altering and finishing techniques. Literature was available on foundation garments, fabrics, and Line and Design.

An International Foreign Youth Exchange Committee of 13 planned and secured over \$1300 by donations for the Frederick County IFYE delegate, Barbara Woore, in Peru.

The time use study conducted a year ago showed the need for more education in nutrition, house care and consumer education, so the nutrition program included demonstrations and recipes on healthful snacks and pick-up foods; how to retain food nutrients in preparation of meats and vegetables; food additives and preservatives; yeast breads, baking and variations. Consumer education on credit, bedding, and cleaning rugs and upholstery was presented by Mrs. Ocie J. O'Brien and Miss Katherine Habel, State Specialists. Local stores provided pillows, rug samples, and upholstery samples for use in the bedding and cleaning training meetings. Literature was provided for each topic. A total of 600 were reported making use of the information. A county-wide Wills and Deeds meeting was attended by more than 100 people.

The Achievement Day program was held in March at the War Memorial Building. Mrs. Joseph Hott, County HD President, presided at the morning session. Group singing was led by Mrs. George Travers with Mrs. Mary Whitacre at the piano. Mrs. Granville Snapp gave the highlights of the Clubs' programs and Mrs. Rosemary Phillips reported on achievements in the Federation Program of Work. The special feature was the colored slide report of Mrs. Shirley Humphreys Gerken on her trip to England as an IFYE student. Awards of Reading Certificates, Cancer Certificates, and Outstanding Clubs were made by Mrs. Hott. Entertainment was a Style Revue of 43 members modeling garments in all sewing categories, and hats made by members. Each Club participated and the Revue was narrated by Miss Agnes Shirley, Home Agent. Sandwiches were sold at the Snack Bar and the Country Stores, and the proceeds from the sandwiches and from the fish pond went to the War Memorial Building Fund.

The public was invited to see the exhibits and a repeat of the Style Revue in the afternoon. Each Club had an educational exhibit that portrayed a club demonstration topic in Crafts, Consumer Education, Foods Home Furnishings, Federation Program of Work, etc. — all 14 Clubs had a different topic. More than 500 women attended the program.

The District IX Meeting was held May 5 at the Goose Creek Country Club near Leesburg in Loudoun County. The theme was "Neighbors in a Changing World." The main speaker was Alvaro Garcia-Pena, member of the staff of Alliance for Progress Information, Team Headquarters of the Pan American Union, Washington. Mrs. Glen Dale Foltz, of Page County, District IX President, presided. Mrs. J. M. Garnett, Jr. of Fredericksburg, Vice-President

VHDC, presented the President's Message. Grace Wall, harpist and vocalist, of Washington, furnished the entertainment. The Pen-nies for Friendship program was under the direction of Mrs. Joseph Hott of Winchester. Lunch was served by the Loudoun County HD Clubs. Mrs. W. Edward Sealock, Jr. of Warren County, District IX Vice-President, presided at the afternoon session. More than 400 attended, of which 81 were from Frederick County.

Frederick County was represented at the State VHDC Meeting by 10 HDC members; 13 attended the District HD Leaders Conference in Front Royal; 2 attended the State HD Leaders Conference in Massanetta Springs; 23 attended the District Fair-Judging Training School in Winchester. More than 200 ladies from 21 counties attended the Training School conducted by Home Agents from 9 counties who gave training in the fields of clothing, foods, canning, crafts, home making, and educational exhibits.

Educational tours were made to the Corning Glass factory, a mattress factory, the Henkel-Harris furniture factory, to Hershey, Pa., and to the World's Fair in New York.

Color Planning in the Home was demonstrated by Miss Agnes Shirley, Home Agent, at all 14 Clubs, using color wheels, explaining art principles, illustrating how to build a color plan with a swatch of fabric, a picture, etc. Illustrations were shown of all types of color plans from analagous to double complement. Slides were shown, also.

1965

A demonstration on "New Foods on the Market" created an awareness of added costs for special packaging, seasoned wrappings, flavored cereals, etc. Homemakers learned to decide whether the lavish packaging and advertising, and other extras were worth the added cost, and if any time was saved was it worth the cost. Other demonstrations were: stretching the food dollar; cool summer meals; hearty winter meals; using master mixes as a means of saving time and providing nutritious meals; good breakfasts and healthful snacks.

Clothing lessons included selecting patterns and pattern alterations to fit various figures; making a muslin garment on which to make any adjustments to get a perfect fit; reading and following instructions for patterns; hats from fabrics and feathers. Clothing instructors were: Mrs. D. L. Bowers, Mrs. Joseph Hott, Mrs. Clay Manuel, Mrs. Charles Hammack, Mrs. Rhoda Kemp, Mrs. Dorothy Wilson, and Mrs. Virginia Bauserman.

Crafts included smocking and raffia, and the continuation of crafts taught the past years. The Civil Defense program, the maintenance of the county rest room, sight conservation, landscaping, and other civic projects were continued. Frederick County received a Citation from the Cancer Society for the education pro-

gram that was conducted for the past ten years.

Achievement Day was held March 17 at the War Memorial Building. Mrs. Reid Lunsford presided over the morning program and presented club recognition and awards. Group singing was led by Mrs. George Travers, with Sharon Armel at the piano. Mrs. Granville Snapp gave the highlights of 1964. Entertainment was furnished by 4-H boys and girls — Dixie Branner, Debbie Travers, Sharon Armel, Bonnie Phillips, Genoa Hartman, Bobby Carpenter and Steve Crites.

Five Clubs had specific duties: Round Hill — fish pond; Stonewall — program; Valley Mill — publicity; Albin and Gainesboro — arrangements and clean-up. Clubs, subject of their exhibit and items for sale in their country store were: Round Hill — Early American stenciling, cookies, mesh embroidery, raffia items, doll clothes; South Frederick — Hat making, stenciled items, pies, cakes, potato salad, cookies, pickles, aprons, plants; North Frederick — Leather tooling, leather tooled items, eggs, cakes, cookies; Albin — Healthful snacks, yeast breads, snacks, rolls, recipe books; Middle Road — Study center, rolls, cookies; Stonewall — Egg shell decorating, extracts, dish cloths; Gainesboro — Smocking, breads, smocked items; Gore — Cleaning rugs and upholstery, plastic gadgets, pies; West Frederick — “Goop,” “goop” items, cakes, candles, novelties; Valley Mill — Corn husk and dried apple dolls, dolls, felt articles, dark yeast breads, pickles, jellies; Shawnee — Marble jewelry, jewelry, candy, pies, cookies, apples; Middletown — Soap decorating, soap; Friendly Grove — Hemstitching, aprons, pillow cases, potato salads, cup cakes, applesauce cakes; Stephens City — Cancer pads, potato salad, vegetable soup. Sandwiches and soft drinks were available at the Snack Bar.

The Style Revue, presented by 45 ladies who modeled garments and hats they made, was repeated in the afternoon for benefit of the public. More than 400 people attended.

District IX Meeting was held April 1 at Massanutten Military Academy in Woodstock. Mrs. Harry Lee Fleming, District IX President, presided; devotions were by Mrs. Robert Janney of Page County; welcome by William Dalke, Jr., mayor of Woodstock; response by Mrs. Reid Lunsford, Frederick County HDC President; minutes by Mrs. Garland McClaughy, District IX Secretary. Group singing was led by Mrs. Herman Wright with Mrs. Frank Cole at the piano. Highlights of county activities and recognition were given by Mrs. Harry Lee Fleming, and announcements were made by Mrs. James Strosnider. Lunch was served by the American Legion Auxiliary.

Mrs. George Turner, of Loudoun County, presided at the afternoon session. Dr. Mae Kelly, Associate Professor of Madison College, spoke on “Understanding Yourself as a Homemaker.” Mrs. S. S. Gilbert, State VHDC President, told of the HD work in the State. The Pennies for Friendship report was given by Warren

County. The "Choraliers," Central High School group with Mrs. Robert Danley, director, entertained the attendants. Miss Eva Minix, District HD Agent, explained the Federation Handbook and its usefulness, talked about the Education Center at VPI, and asked the HD Clubs to help furnish a lounge at the Center.

1966

Severe drought for 5 years in a row and an early freeze found many homes short of preserved, frozen and stored foods besides less income due to very little fruit which provided work in the past. Demonstrations were given on planning low-costs meals, buying food, homemade mixes, and conserving the nutritive value in foods.

Laundry sanitation and safety stressed importance of disinfectants, sterilizing, pointed out dangers at coin-operated laundromats, emphasized importance of studying labels for care of fabrics, and dangers of water pollution.

Clothing demonstrations continued as in the past years, with Mrs. Eleanor Brill, Mrs. Ralph Boyce, Mrs. Maurice Perry and Mrs. Betty McDonald added to the list of instructors. New fabrics, such as wash-and-wear permanent press and bonded fabrics, created new problems. Lessons included selecting proper patterns, setting in sleeves, proper stitching, interfacings, proper thread and needles, tension, pressure, care of fabric, etc. Reading of labels was stressed.

New crafts taught were: lampshade making, liquid embroidery, three D pictures, candlemaking and decorative smocking. Knitting became very popular so it was divided into two classes — Mrs. Granville Snapp taught beginners and Mrs. D. L. Bowers taught the more advanced ones. Mrs. Ralph Bauserman taught braiding rugs. All other crafts were continued as in the past. Upholstery clinics were held as a result of 5 years of upholstering classes. Many dollars were saved by the ladies doing their own re-upholstering. A lesson was given on "Managing Your Time in Preparing For The Holidays." Members brought ideas for inexpensive Christmas gifts, homemade holiday breads and Christmas decorations.

County-wide projects were continued; more than 1200 cancer pads were made available to hospitals as well as patients at home or in nursing homes; the county restroom was painted, furniture was refinished, all cushions were covered, new drapes were hung, and new linen was bought for the baby bed; contributions were made to many civic projects.

Educational tours were taken to Corning Glassworks, Henkel-Harris Furniture factory, Harper's Ferry, Washington, D.C. and Richmond, Va.

Mrs. Reid Lunsford, County HDC President, presided at the

Achievement Day program held March 10 at the War Memorial Building. Miss Nettie T. Yowell, Assistant State Supervisor of Industrial Education, spoke on "Your Responsibility for Self-Government." She said, "A well-adjusted person: keeps skid chains on tongue, cultivates a moderate tone of voice, make promises sparingly and keeps them faithfully, never lets an opportunity pass to say a kind word to or about someone, complements outstanding work, and criticizes helpfully, never spitefully, remembers everyone needs to feel important. More than 80% of people lose their job because they are not able to get along with others, and not because they cannot perform their work. The most important facet of self-improvement is to continue education."

A panel discussed "Know Your Cooperating Service Agencies", with Miss Agnes Shirley, Home Agent, as moderator. Club exhibits were: Knitting — Shawnee; 3-D pictures — South Frederick; Feather hats — North Frederick; Liquid embroidery — Middle Road; Glass etching — Round Hill; Decorated soap — Middletown; Textile painting — Gainesboro; Flemish flower arrangements — Valley Mill. The Style Revue of garments made by the wearers, moderated by Miss Agnes Shirley, Home Agent, was repeated in the evening for benefit of the public. More than 150 attended the event.

Besides the exhibits, there was a Country Store that had many articles for sale, as well as home-made foods including cream puffs, pickles, cakes, jellies, potato salad and apple sauce. There was a fish pond, and the Snack Bar sold sandwiches and soft drinks.

The District IX Meeting was held May 12 in the Col. Boggs Chapel at the Randolph-Macon Academy in Front Royal. Mrs. Harry Lee Fleming of Shenandoah County, District IX President, presided at the morning session and Mrs. Garland McClaughy of Clarke County presided in the afternoon. Miss Dorothy Emerson of the National 4-H Foundation in Washington, D.C. was guest speaker. Mrs. John M. Garnett, State HDC President, presented her President's Message. Each County reported on the highlights of their Club Year. Seventy-nine HD members from Frederick County attended.

The State Conference of VHDC was held July 26-28 at VPI in Blacksburg. Mrs. Clay Manuel, Mrs. Ralph Boyce, Mrs. Robert O'Neal, Mrs. Davis Bauserman and Miss Agnes Shirley, Home Agent, attended from Frederick County. Dr. Geneva Flickinger, State Board of Education of Maryland, was the guest speaker. She talked on "Human Values in Our Changing Society." Dr. T. Marshall Hahn, Jr., VPI President, and Maurice Rowe, State Commissioner of Agriculture, also addressed the group. Dr. M. P. Lacy led a workshop on "How to Select and Get Your Child Into College." There were 14 workshops on home, garden, and agricultural subjects. Each member was permitted to select and attend 2 workshops of her choice. Dr. Flickinger's message to the group was:

"Everyone needs to be committed to a worthy goal and activity. Having no commitment in life can be dangerous. Especially, the young should have their enthusiasm and energy harnessed to worthy endeavors beyond the sphere of their immediate living."

The Achievement Day on March 10 was for the 1965 Club Year. Another Achievement Day was held October 12 for the 1966 Club Year. Mrs. Reid Lunsford, County HD President, presided. A panel composed of a member from each club,, with Miss Agnes Shirley, Home Agent, as moderator, presented a program. Mrs. Bertha Venskoske, County Federation Goal Chairman, gave a report, and awards were presented. Each Club had an exhibit, and the afternoon program included singing skits and an old-fashioned style show.

More than 200 people attended the special interest workshop on "Art in Daily Living" held at the War Memorial Building on October 25. "Rod" Taylor, Potomac Edison Electric Company, spoke on "Safety in Lighting During the Holidays" and the danger of using electric lights on aluminum trees. Miss Margaret Flickinger, Home Economist for Potomac Edison, gave a demonstration on making Christmas decorations using lights, gadgets and greens. Miss Amelia Fuller, State Home Management Specialist, of VPI, presented "Managing Your Time Preparing For the Holidays." Decorated cookies, holiday yeast breads and useful inexpensive hand-made gifts were displayed and explained. Everyone brought their own sandwiches, and soft drinks were sold at the Snack Bar.

1967

Much of the program was a continuation of preceding years. Clothing lessons advanced to tailoring classes conducted by Mrs. Charles Hammack. Mrs. D. L. Bowers taught knitting and some progressed to complicated knitting of sweaters, garments and afghans. Nutrition included "Oven Meals, Set and Forget," and "Energy and Weight Control" which emphasized the need of good breakfasts for energy for physical and mental activity, and rather than a heavy evening meal for weight control.

The Housing program presented the study of paints for exterior and interior surfaces; proper material and proper construction of buildings to insure best results with all paints, such as vapor barriers and insulation. Electric heating was explained and cost comparisons were made, along with importance of air conditioning. The Henkel-Harris Furniture Company offered dressed wood scraps (walnut, cherry and mahogany) to anyone wishing to use them to create small items and learn wood finishes.

Leaders were trained in "Shortcuts in Housecare and Easier Ironing Methods" as a result of the special Time Study on Home-making Chores. Many homemakers started buying fabrics and clothing that needed little or no ironing.

The Roadside, Home and Community Beautification program resulted in campaigns to clean-up roadsides, playgrounds, and parks; planting of trees and flowers; adding picnic tables; improving mail boxes; providing litter barrels; educational exhibits in store windows and at various events; and helping sponsor a swimming pool at the Recreation Park.

The Safety program covered safety with lawnmowers, bicycles, home accident prevention, traffic safety, water safety, fire-arms, home wiring, cleaning supplies, laundry supplies, medicines, chemicals and drugs. The Civil Defense program was continued; cancer detection check-ups and education program were continued; members assisted the Health Dept. with pre-school clinics, and the Mothers March on Polio. A special demonstration was given on "Chores for Children and Discipline, Wise or Otherwise."

A new craft was developed when homemakers priced pine cone decorations in the stores and were amazed at the high prices. They decided to make their own. Experts were secured to give lessons on line, design, settings, art principles, color combinations, and accessories. All kinds of pine cones, nuts, teasel burrs, dried plants, etc. were used. Mrs. Caroline McKeown, who studied flower arranging in Japan, gave an excellent demonstration on Japanese arrangements which teaches simplicity in line and design. All of the other crafts were continued, and all county-wide projects were the same as last year.

The District IX Meeting was held April 11 at the Page County High School in Luray. Mrs. Harry A. Finney, District IX President, presided. Highlights of county activities were presented in the form of a skit. The guest speaker was Dr. Ann E. Thompson, State Leader, Home Economics, Extension Division VPI, Blacksburg. This was the first opportunity many District IX members had to meet her and hear her speak as she was a newcomer to Virginia.

Achievement Day was held October 17 at the War Memorial Building in Winchester. More than 158 members of the 14 Frederick County HD Clubs attended the event. Craft Exhibits, a Fashion Show, and educational skits demonstrating outstanding projects by various clubs, were features of the day. The guest speaker was Dave Dorman of Potomac Edison, who talked on environmental control, with data on air conditioning, insulation and electric wiring. The 1968 Yearbook was dedicated to two outstanding members: Mrs. A. B. Grove and Mrs. Ralph Bauserman. Reading certificates were awarded to more than 50 club members who had read 5 of the Clubs' approved library books. Middle Road and Middletown Clubs received certificates noting that 75% of their members had had cancer detection tests. Mrs. Ralph Bauserman, County HD President, presided. Devotions were led by Mrs. Reid Lunsford. Mrs. Alfred Snapp, Jr. was song leader, with Mrs. Anna Snapp at the piano.

Sewing bonded fabrics presented problems in selecting interfacing and lining materials. It was stressed that fiber content and weight should be as near that of the fabric with which it was being used for lining or interfacing. Ladies learned to use their sewing attachments for plain and fancy stitching. Mrs. Joseph Hott, Mrs. Ralph Lewin and Mrs. Reva Brill were sewing instructors; Mrs. Charles Hammack, Mrs. Ralph Boyce and Mrs. Eleanor Brill taught a tailoring class; Mrs. Ralph Bauserman taught a class in beginning sewing in wool.

Miss Margaret Flickinger, Potomac Edison Home Economist, gave training to Club leaders on selection, use and care of small appliances. Two upholstery workshops were conducted to bring homemakers up-to-date with new methods and techniques. Nutrition included "Crash Diets and Vitamin Pills" and "Selection and Preparation of Protein Foods and Its Importance to Health." Emphasis on the importance of breakfasts was continued. Two other topics stressed were "Calcium, Its Relation to Body Functions, Its Sources and Preparation," and "Vitamin C, Its Relation to Body Functions, Its Sources and Preparation."

The Housing program included: "Judging House Plans," "Storage Space to Save Time and Energy," and "Use of Lighting in Interior Decorating." Lamp shades were made using white boucle fabric that was plastic coated. They cost very little when made at home, and diffuse the light.

As the hostess State for the NEHC Meeting in 1969, advanced preparations were made. Each Club in the State made 5 or more tote bags for souvenirs for the visitors to the Conference. They were made of webbing decorated with yarn. The project taught art appreciation, color planning, designing, originality, and enthusiasm. Frederick County members made more than 40 tote bags for the Conference besides extras for themselves and for gifts. Previous crafts were continued besides the tote bags.

A new program was developing family togetherness with emphasis on recreation, family conferences to discuss problems, and time for "listening." Lessons were given through demonstrations, examples, check-lists, problems and solutions, and discussion. News articles and radio programs were used to reach the public with this program.

County-wide projects remained the same; 1400 cancer pads were made; 3000 litter bags were given to motorists and several bags were placed in each school bus; 8 members attended the State HDC Meeting, and 57 attended the District IX Meeting in Clarke County.

Achievement Day was held October 8 at the War Memorial Building. The theme was "Home Economics Extension Work 'Ser-

vice,' to Reach All — How?" Dr. Ann Thompson gave the keynote address. Mr. T. C. Fearnow, retired Federal Conservation Administrator, gave a slide lecture on conservation, home and community beautification, and plant life. Entertainment was furnished by 4-H Club members: Karen Garrett and Brenda Arbogast — majorettes; Beverly Warren — piano solo; Deidra Triplett — Mary Poppins skit; and Sharon Triplett — folk song. Mrs. Davis Bauserman, County HDC President, presided. Club reports were given and awards presented. The 1969 Yearbook was dedicated to Mrs. Charles Hammack and Mrs. Clay Manuel.

1969

The annual District IX Meeting was held April 8 at the Plaza Theater in the Ward Plaza Shopping Center. The theme was "Homemaker or Housekeeper." Mrs. Donald Albert, District IX President, presided in the morning, and Mrs. Byron Van Stronder, District IX Vice-President, presided in the afternoon. Mrs. Walter Dobson, State Vice-President HDC, presented the President's Message. The Honorable Charles E. Moylan, Retired Associate Judge, Supreme Bench of Baltimore, Maryland, was the guest speaker. Entertainment was furnished by the James Wood Choral Group. More than 385 were in attendance.

The really big event of 1969 was hosting the National Extension Homemakers Conference at VPI & SU at Blacksburg on August 11-15. It was the 33rd Annual Convention of the NEHC, and more than 3200 people from 33 States, including Alaska, Hawaii and Puerto Rico were in attendance. Frederick County was represented by: Mrs. Betty Bauserman, Mrs. Louise Brown, Mrs. Mabel Brown, Mrs. Robert DeHaven, Mrs. Rosie Hott, Mrs. Clay Manuel, Miss Ruby Shiley, Mrs. Byron Van Stronder, Mrs. Bertha Venkoske, and Mrs. Esther Whitacre.

This was the first time in 50 years that the convention had been held in Virginia. Theme was "Our Heritage, Our Future." The Hon. Mills E. Godwin, Jr. welcomed the members and guests. Among the speakers were: Dr. Sidney E. Sandridge, Pres. of Southern Seminary Jr. College; Dr. Lloyd Davis, Administrator, Federal Extension Service; Dr. Jean E. Spencer, Special Assistant to Vice-President Agnew; Dr. Addison M. Duval, Director, Div. of Mental Health, Dept. of Public Health, State of Georgia; Mrs. Janice R. Christensen, Home Economics Editor of N.C.; and Ronald J. Philips, Director of Technology, Utilization Div. NASA. Dr. Tom Haggai, Associates Foundation of High Point, N.C. was the "high-light" speaker. Two youth speakers were American Legion Contest winners.

Music and other entertainment was furnished throughout the convention. Everyone attending the Conference was given a tote bag made by the club members of Virginia and filled with souvenirs donated by business men. Each club made 5 or more tote bags,

which totaled about 5400 bags. The extra bags were sold and the money was given to the Hallie Hughes Scholarship Fund.

Severe floods hit the east coastal region as a result of hurricanes Debbie and Camille in August. HDC members contributed money, clothing, food and other aids for the victims of the floods.

The HDC members served more than 150 adult leaders of 4-H clubs from the 19-county Northern District of Virginia when they held their annual meeting at the War Memorial Building in Winchester, October 9.

Achievement Day was held at the War Memorial Building on October 14. The theme was "Responsibilities — Home, County, State, Nation." The main speaker was State Senator J. Kenneth Robinson. The showing of the film "This Is Virginia" was followed by entertainment by the Share the Fun Contest winners of Frederick County. Club reports were given, awards were made, and the 1970 Yearbook was dedicated to Mrs. Davis Bauserman and Mrs. Vernon Unger.

Demonstrations for the year included: window treatment, interior decorating with light, lamps and simple repairs homemakers can do, safety in the home, pattern alterations with new sizing, clothing labels, Calcium and Food Safety and Sanitation, What's New in Fabrics and Rainwear, You and Your Credit Rating, Christmas Observance — a Study of Madonnas. Crafts and County-wide projects were continued as before.

On October 31, Miss Agnes V. Shirley retired after 23 years as Frederick County Extension Agent, and more than 40 years of association with 4-H club and home economic work in Virginia and West Virginia. Her career included 8½ years as Home Management Supervisor with the FHA, USDA in Greenbrier and Pochontas counties, West Virginia, and a half year as supervisor in the Federal Reformatory for Women at Alderson, W. Va. before she came to Winchester in September 1946.

Through those years she had built a wonderful 4-H program with local, state and national winners, besides the Home Demonstration work in which she trained many capable and expert leaders in all phases of HD work. She retired to her home in Winchester so she is still available, as of this date, and helps whenever and wherever she can. Her guidance is greatly appreciated by all of her 4-Hers and home demonstration club members.

1970

On February 1, Mrs. Pauline B. Baccary assumed the duties of Extension Home Agent for Frederick County. She is a native of Boone, N.C. and attended Appalachian State Teachers College and graduated from Radford College, with two majors, one in home economics and science, and a minor in English. She taught chem-

istry and science at James Wood High School for one semester.

Before coming to Winchester, she had taught school in Fairfax County, done patent research with Western Electric, and worked in North Carolina as a dietician in Asheville Hospital and later as a dietician in Raleigh, N.C., worked with 4-H leaders in Windsor, N.C. and later was home service representative for the Roanoke Gas Company.

The District IX Meeting was held at Loudoun County High School in Leesburg on April 23. The theme was "Youth Rebellion — What's So New About It?" Mr. Donald E. Albert of Warren County, Dist. HD President, presided. Mrs. C. Wade Ferguson of Emporia, State HD President, presented her President's message. Dr. B. H. Jarman of Middletown, spoke on the "Rebellious Generation." Dr. Jarman, educator, and recipient of citations for his many diverse activities, by the Republic of Korea, the U.S. Army, the U.S. Government Services, Inc., awarded membership in the Honorary Order of Kentucky Colonels, and recipient of the Distinguished Service Award of the Alumni Association of West Chester in 1967, gave an interesting, inspiring and re-assuring talk.

Frederick County HD members who attended were: Mrs. Vernon Unger; Mrs. Byron Van Stronder; Mrs. Davis Bauserman, Frederick County HD President; and Mrs. Robert O'Neal, Publicity Chairman of District IX.

At the State Meeting of the Federation of H.D. Clubs on July 21-24 at V.P.I. in Blacksburg, the proposal to change the name of the Federation to "Virginia Extension Homemakers Council" was voted down. More than 250 HDC members from the 12 Districts were in attendance. HDC members from Frederick County who attended were: Mrs. Davis Bauserman, County HDC President; Mrs. Vernon Unger, new District IX President; Mrs. Clay Manuel, Mrs. Joseph Hott, and Miss Ruby Shiley. The theme of the meeting was "Woman Power." Margery Holmes of the Washington Evening Star conducted a workshop. There was 20 topics of workshops to attend.

Dr. Charles H. Gibboney, pastor of the First Presbyterian Church of Bristol, Tenn.; Dr. Ann Thompson, State Leader, Home Economics at Blacksburg; Dr. W. E. Skelton, Dean of Extension Div. and Director of Cooperative Extension, V.P.I., were speakers during the meeting. U.S. Senator William B. Spong, Jr. also spoke to the group concerning problems facing the world today. He said, "You women have a unique opportunity to solve these problems and play a part in what our society will be."

More than 175 HDC members attended their Achievement Day program on October 13 at the War Memorial Building. The theme was "Drug Abuse-Youth Abuse." Mrs. Davis Bauserman, County HDC President, presided. Mr. J. C. Garrett, Extension Specialist, Community Landscape Improvement, V.P.I., guest speaker, em-

phasized the preservation and utilization of natural beauty, concern for areas of historic interest, organized projected planning and cooperative efforts between agencies, organizations and associations. The afternoon program featured Mr. J. E. Hall, State Police, Narcotic Div., who talked about his involvement in the enforcement of narcotic laws and how parents could help make his job easier. He also showed slides on "Drug Abuse — Youth Abuse," so the group could recognize the different types of drugs and their abuse.

The Frederick County 4-H Share and Fun winners, Mary Paula Glynn, and Josie Triplett, played guitar and sang for the audience. Among the guests were Miss Agnes Shirley, former HD Agent, and Miss Margaret Flickinger, former demonstrator for Northern Va. Power Company.

Reading certificates were awarded 58 members who had met the requirements set forth in the Yearbook. The 1971 Yearbook was dedicated to Mrs. Mabel Brown of Valley Mill Club, Mrs. Miller Rosenberger of West Frederick Club and Mrs. Carl Whittaker of Albin Club. A report on the State Federation Annual Meeting at V.P.I. was given by Miss Ruby Shiley; a report on Home and Community Improvement was given by Mrs. Reid Lunsford, and Mrs. Raymond Stelzl gave a report on Safety.

The Fall Conference and Family Life Workshop was held at the Va. Methodist Center in Blackstone, Va. on November 10-12. The theme was "Tune In — Not Out," and dealt with Drugs and Mental Health. Mrs. Dan J. Beard, Conference Chairman, presided. Dr. Harry Steeves, Biology Dept. V.P.I., spoke on "The History of Drugs." Representatives of the Teen Challenge Training and Rehabilitation Center at Rehrersburg, Pa. told of their rehabilitation. Dr. A. Epps Harris, M.D. Blackstone Medical Center, talked about Menopause and the "Changing Years." Carol Fortier, Sr. Medical Student, Medical College of Va., told the audience "Growing Up Ain't Easy." T. J. Markow, Assistant Attorney General, Richmond, Va., spoke on "The Drug Scene in Va.," and John F. Atwood, Sheriff of Prince William County was also a speaker on the program. Entertainment was furnished by the Share the Fun winners.

Those from Frederick County who attended were: Mrs. Vernon Unger, District IX President; Mrs. Davis Bauserman, County HDC President; Mrs. Byron Van Stronder, County HDC Reporter; and Mrs. Landon Whitacre.

Miss Ethel Grubbs, Program Planning Specialist, V.P.I., conducted an "Officers Training" program November 13 at the War Memorial Building. A total of 40 HDC members attended. She dealt with program development and the needs of people in the area; principles of group behavior; guidelines for an effective group; group leader and group member behavior; desirable qualities of leaders, levels of group performance, group procedures and parliamentary procedure.

Special projects during the year included: repairing fence and restoring an old cemetery; filling food baskets for Salvation Army at Christmas, making lap robes for hospitals and nursing homes and layettes for Welfare Dept.; childrens clothing and money to Vietnam; donations to War Memorial Building Fund; favors and baskets of fruit to Nursing Homes; supported 4-H Clubs; helped maintain community halls; picnics and Christmas parties. Some of these projects have been annual ones.

Nutrition program stressed Cholesterol — Source, Dangers, Diets, and Vitamin A — Sources and Values. Clothing lesson was on Line and Design for Figure Flattery, Foundation Garments. Other demonstrations were: Floor Coverings, Pile and Smooth; Plastics in the Home; Wood Finishes and Furniture Care; Antiquing Furniture; Furniture Re-finishing; Accessorizing a Basic Outfit; All-Occasion Entertaining. All crafts were continued, with special classes on dried flower arrangements and decoupage.

1971

A new type of Yearbook was published, which contained names, addresses and phone numbers of County Officers, Club Presidents, Committee Chairmen, District IX Officers, District and County Agents; meeting dates of all clubs in the county; monthly program topics; reminders of events and obligations; Federation Program of Work and Objectives; suggestions for officers and members duties; and a suggested Order of Business. Also included were: Our Emblem; Homemakers Prayer; Homemakers Creed; NEHC Song; and a calendar.

A film on recycling solid waste was shown to leaders in HD Clubs on April 5, at the W.M.B. Henry Lowry of the Cocoa-Cola Bottling Works in Winchester, discussed what his company was doing to fight the solid waste program. Mrs. Betty Hauck of Ecology Action, gave a demonstration of ways each housewife could separate and compact her garbage, which can be re-cycled rather than lost to a landfill dump. Recycling and collecting glass centers were set up at Wards Plaza, Nichols Dept. Store, and the A&P — Drug Fair Center, for April 17-24. More than 800 people participated and 8½ tons were collected.

Also, in April, Mrs. Elaine Davis and Mrs. Marylin Crocket, home economists with Shenandoah Gas Company at Kernstown, gave a food and cooking demonstration. This was the first in a series of demonstrations by the Gas Company during the year. They were open to the public.

The District IX Meeting was held May 6 in the Massanutten Academy Memorial Gymnasium at Woodstock. Mrs. Vernon Unger of Winchester, Dist. IX President, presided, and gave a summary of the HD work done in the 6 counties — Clarke, Frederick, Loudoun, Page, Shenandoah, and Warren — in her District. The theme was "Today's Home Builds Tomorrow's World." Dr. Tommie Lou

Hunter of Luray, District Home Agent, assisted by Miss Margaret Groseclose, from V.P.I., spoke on Community Projects and important phases of study and work regarding "Family Resources." Members were told to "reach out more to help others" in order to further the goal for a "better life together."

After the business meeting, a fashion show of clothing suitable for all Occasions, including "hot pants" and swimsuits, was presented by Joseph Ney's Dept. Store of Harrisonburg, with the added warning to remember that some styles, though appealing, were not wearable for everyone. Mrs. C. Wade Ferguson, Va. HDC President, spoke on various activities and goals, outlining responsibilities and service for all homemakers.

In June, the Winchester-Frederick County Nutrition Committee set up a training program for Food Stamp Volunteers to work with recipients of food stamps and with the Health Dept. Miss Ruby Shiley represented the HD Clubs. Mrs. Pauline Baccary, HD Agent, discussed food buying. Volunteers were solicited from HD Clubs, and other organizations.

The HD Clubs of Frederick County demonstrated the art of making rush-bottom stools, flat-type and diamond-shape type, at the Third Annual Belle Grove Farm Craft Days, July 17-18. Mrs. Anna Rosenberger, Mrs. Edith Lantz, Mrs. Garnetta Anderson, Mrs. Mildred Glaize, Mrs. Betty Bauserman, Mrs. Connie Robinson, Mrs. Pat Kettlewell, Mrs. Irene O'Neal, Mrs. Lillie Vaughn, Mrs. Mary Switzer, Mrs. Ruth Barker, Mrs. Rosie Hott, and Mrs. Mabel Brown were the demonstrators.

The first State Family Resources Conference was held July 20-21 at V.P.I. in Blacksburg. The theme was "Reaching Out." with 8 workshops covering various aspects of improving family and community relationships: Environment & Consumers; Improving Your Outreach Through More Effective Communication; Where Is The Family Going?; Reaching Out Through Leadership; Housing in Va.; Reaching Out to Families With Special Needs; Clothing Communicates; and Women — A Major Hope For Communities.

HDC members from Frederick County who attended the Conference were: Mrs. Vernon Unger, Mrs. Byron Van Stronder, Miss Ruby Shiley and Mrs. Mabel Brown.

A special interest workshop on aluminum and glass etching was held on August 20 at the Exchange Shelter in the Winchester Recreation Park. The workshop, open to 4-H, HDC members and the public, was conducted by Mrs. Donald Loomis, art teacher at James Wood High School.

Dr. Robert Parker, President of Shenandoah College & Conservatory, was guest speaker at the Achievement Day program on October 14. His subject was "Why Care" and he made 4 points: Be ambitious but considerate, detached but involved, critical but

constructive and serious but playful. Mrs. Vernon Unger, District IX President, installed the new officers. The new Yearbook was dedicated to Mrs. Bertha Venskoske of the Gainesboro Club and Mrs. Irene O'Neal of the Stephens City Club. A resume of the year's work was presented by Mrs. Raymond Stelzl in prose and Mrs. Roy McDonald gave her report on the sales of the "Old Virginia Cook Book." Mrs. Pauline Baccary, HD Agent, summarized her one and a half years' work in Frederick County and outlined the program for the coming year.

A Safety skit, presented by the North Mountain Go-Getters 4-H Club, was directed by Mrs. Raymond Stelzl. Guests included: Miss Agnes Shirley, former HD Agent; Miss Nina Spiggle, former HD Agent from N.J. and now residing in Winchester; Mrs. Owen Hoagland of Fairfax, Frederick County Chairman of the Governor's Food Program; and Miss Tommie Lou Hunter, Program Leader, Home Economics, Northern Regional Area. Approximately 100 were in attendance.

The Virginia Federation of HD Clubs held its Fall Conference October 19-21 at Massanetta Springs, Harrisonburg, Va. The conference theme was "Citizenship — American Style." Mrs. Dan J. Beard, Conference Chairman, presided. Four workshops conducted were: Visual Pollution, by J. C. Garret, Extension Specialist; "WAP" Pollution by Dr. John Cairns, Jr. of VPI & SU; "A Stitch in Time" Conservation by Samuel P. Mason of the Isaac Walton League; and "We, the People" Citizenship by Former Congressman John O. Marsh, Jr.

Fifty elementary 4th and 5th grade boys from Harrisonburg entertained the group with their unique ability in singing. Mrs. Jack Merritt of Loudoun County sang a solo, accompanied on piano by Mrs. Barbara Hanson of Arlington County. Dr. Bernard Jarman, Educator and Lecturer, from Middletown, referred to the delegates as "Marthas" (put service above self) in his talk. He said "Every generation of people is confronted with problems. There have been disease, ignorance, hunger, and man's inhumanity to man. HD Clubs must, and do, play a part in rearing, disciplining and education."

Those attending from Frederick County were: Mrs. Vernon Unger, Mrs. Katie Patton, Mrs. Nannie Boone, Mrs. C. Larrick, Mrs. Byron Van Stronder, Mrs. Betty Bauserman, Miss Ruby Shiley and Mrs. Pauline Baccary, HD Agent. Frederick County HDC members made 15 posters and 300 patriotic name tags for the Conference.

For more than 30 years the Frederick County HD Clubs had maintained the public lounge for ladies, in Winchester. In 1941, the HD women felt the need of establishing a rest room in Winchester and asked the County Board of Supervisors if something could be done. Frederick County and the City of Winchester co-operated in the project. The building, stationery, equipment and

hostesses were furnished by the City and County. Retail Merchants Ass'n. contributed all furnishings including draperies, floor covering and furniture. Administrative duties were under direct supervision of a committee from the HD Clubs. In 1949, the Board of Supervisors provided a new heating system. Maintenance of the lounge was an annual project of the HD Clubs — refinishing furniture, painting, etc. whenever needed. Mrs. Blanche Bodkins had cared for the lounge for more than ten years. In 1971, Mrs. Betty Bauserman, County HDC President, appointed a committee, chaired by Mrs. Landon Whitacre, to discuss future responsibilities of the Clubs since the County became owners of the Building, and a change of responsibility might be necessary. Several HDC members met with the Board of Supervisors and were told that the room would not be available as it would be used as an Office, but a room would be available under the Courthouse steps when the Mall was finished. There has been no further developments on this project.

Lessons included: rug braiding, needlepoint, petitpoint; re-decorating old trunks; making window shades and their decorating uses; deceptive practices in selling equipment; new ideas from packaged mixes; Christmas decorations workshop. Many county-wide projects aided hospitals, Red Cross, Nursing Homes, Fire Companies, Rescue Squad, Youth Fair, etc., homes, roadsides and community centers were beautified with plantings and well-kept grounds.

1972

An Inspirational Thought and Household Hints, each month, were added to the new Yearbook. Monthly projects included: sewing shortcuts, bread making, home furnishings, slip covers, freezing and canning of food, pickles and relishes, use of the blender, Stretching the Food Dollar, Not A Drop To Drink, The Fourth Meal, Kids and Cash.

Special workshops were held on quilting, carpentry for women, landscaping, shellcraft and Christmas decorations. There were workshops on knitting by Mrs. D. L. Bowers, crocheting by Mrs. Joseph Hott, with Mrs. Lillian Vaughn, Mrs. Gretna Manuel, Mrs. Bertha Venskoste and Mrs. Granville Snapp as helpers; a rug braiding workshop with Mrs. Ralph Bauserman and Mrs. Roy McDonald as instructors; a stenciling workshop led by Mrs. Arlie Gumm; a cake decorating demonstration and workshop conducted by Mrs. Fred Alger and Mrs. Doris Bauserman; a demonstration and workshop on making beaded necklaces by Mrs. Joseph Hott, and Mrs. David Palmer who taught bib and collar type necklaces, and how to dye beads.

Sewing classes were conducted every Monday, daytime and evening, during April and May, at the War Memorial Building, by Mrs. Charles Hammack; Mrs. David Palmer, Tailoring Specialist; Mrs. Alfred Hurst, a qualified "Stretch and Sew" instructor; and

Mrs. Pauline Baccary, Home Agent. An all-day meeting was held as a Lingerie Workshop.

A special interest lesson on "How to choose bedroom furnishings" with emphasis on choosing a mattress was presented by Donald Scruggs, at the Patton's Furniture Store.

Mrs. Mildred Payne, Home Furnishings Specialist at VPI & SU, instructed Upholstery Leaders Mrs. Charles Hammack, Mrs. Will Owings, Mrs. Mabel Brown and Mrs. Joseph Hott at a 2-day refresher course in preparation for the 4-day upholstery workshop at the Armel School.

A Cookie Fair Exchange was held at the Market Street United Methodist Church in Winchester. Each person brought 100 or more cookies and exchanged them with each person present. As a result of the exchange, a Cookie "Cookbook" was printed, giving recipes of all of the cookies exchanged at the Fair, and was sent to each person who brought cookies and recipe to exchange.

Mrs. Mary Chippman, Home Economist for Oster Co., demonstrated "Use, Care and New Ideas for Holidays, using the blender," at the Shenandoah Gas Co. in Kernstown. Her program included dessert, fondues, oriental-type vegetables, making sour cream from cottage cheese, and many other suggestions on utilizing the blender for easier homemaking, and for making vegetables and household products into beauty aids.

Mrs. Owen Hoagland was Chairman of the Governor's Food Conference in Winchester, February 17, at the War Memorial Building. The topic was "Stretching the Family Food Dollar." Mrs. Barbara Morlang, State Health Dept. Nutritionist, spoke on the "Importance of Comparison Shopping for Food," and emphasized the importance of using the unit-pricing procedure, that specials or larger sizes are not always good buys, that the small can may be a better buy even though it is not on special. She suggested: Don't shop when you are hungry; leave children at home when you shop; always use a shopping list; and convenience foods are more expensive.

Mrs. Laura Barlow, Home Ec. Director for the Dairy Council of Shenandoah Valley, demonstrated the use of dairy products and stressed the importance of more nutritious foods in the diet, particularly milk.

Mrs. Pauline Baccary, Home Agent, presented slides on "Food From Farm to You" which included activities involved in marketing, packaging and grading that increase the cost of food, and laws that affect food prices. Mrs. Rosie Hott and Mrs. Marilyn Stelzl put on a skit "Shopping at the Supermarket." Mrs. Fannie Hill, Consumer Advisor for Washington Gas & Light Co., who was unable to attend the Conference due to illness, came to Winchester later and gave her demonstration on "Foods for Low Income and Welfare Families."

The annual District IX Meeting was held May 11 at the Randolph-Macon Academy John C. Boggs Chapel in Front Royal. The theme was "Youth — American Style." Mrs. Vernon Unger of Frederick County, presided. The RMA Cadets performed the Flag Ceremony. Mrs. R. Trammel Oliver, State Federation President, gave her Message, and information about the change of the name "Va. Federation of HDC" to Virginia Extension Homemakers Council." She said there were 1225 Clubs, with a membership of 22,152.

Special recognition was given to Mrs. Allen Bond, first Extension Agent in Frederick County when the HD Clubs were chartered in 1918. Mr. Larry Jones, Orange County Ext. Agent, was moderator for a panel of Orange County 4-Hers who discussed the involvement of "Youth, American Style." Miss Tommie Lou Hunter, Program Leader, Northern District, talked about the V.P.I. Centennial Year and the workshops for the summer conference. Mrs. Roger Koontz gave the District Report. Miss Frances Unger of Frederick County was song leader, with Mrs. Richard Byrne of Loudoun County at the piano.

The Frederick County EHC delegation to the second annual Family Resources Conference held July 18-20 at VPI & SU in Blacksburg included: Mrs. Vernon Unger, State Finance Com. Chr.; Mrs. Davis Bauserman, State Health Chr.; Mrs. Roger Koontz, Frederick County EHC President; Mrs. Joy Fish, Mrs. Roland Brown, Mrs. Mabel Brown, Mrs. Reid Lunsford, Mrs. Harold Knight, Mrs. Byron Van Stronder, and Mrs. Pauline Baccary, Home Agent. Mrs. Bauserman had the distinct honor of being the first State Health Chairman as the Health Committee was authorized just a year ago.

The theme of the Conference was "Communications." Jerry L. Hargis, Associate Director of the Donaldson Brown Center, presented the keynote address, "Communication — Key to Life." The banquet speaker was R. Kirby Godsey, Dean of Averett College in Danville. His topic was "Living Without Gloves." Each attendant had a choice of 2 workshops from the following: Consumer Communication; The Family — Are You on the Same Wave Length?; Communication With Government, Particularly Local Government; Fashions and Fabrics Speak; Communication Between Adults and Teens; Communicating With Home Furnishings; Communication Within Organizations; and Communicating As Individuals.

The Achievement Day held September 14 at the War Memorial Building commemorated the Centennial of VPI & SU, and also the moving of the offices of Frederick County Extension Homemakers Council to 9 Court Square. The new name was adopted at the State Federation Meeting in July. The theme was "Communication," especially in home, family, neighborhood and with the youth, churches, and government. Mrs. Raymond Stelzl gave a resume of the Club's projects and achievements. Mrs. Pauline Baccary, EH

Agent, spoke on the "Changing Role of Extension Work" since its beginning more than 60 years ago. The new Yearbook was dedicated to Mrs. Estelle Dick of the Stonewall Club. Miss Barbara Fogle gave a talk and showed slides of her trip to Miniwance Youth Camp in Michigan.

Following lunch, a Fashion Revue of old and new fashions, dating from 1880s to 1972, was presented under the direction of Mrs. Anna Geddes and moderated by Mrs. Lynn Norman. Members of Mrs. Charles Hammack's sewing class modeled clothes they had made under her instruction.

Eighteen Frederick County EHC members attended the NEHC Conference held September 25-29 at the Morris A. Mechanic Theater in downtown Baltimore, Md. Dr. Edward W. Bauman, Senior Minister of the Foundry Methodist Church of Washington, the keynote speaker, used the theme of the Conference, "Dimensions in Family Living," and "The Emerging Role of Woman" as the topic of his address. Gene Lear, Associate Administrator, Extension Service, USDA, addressed the session on "New Successes — New Challenges." Miss Nancy Hanks, National Endowment for the Arts Chr., spoke on "Cultural Arts — a Dimension in Family Living." Learning sessions concentrated on the individual woman's need to: be better informed of her emerging role in today's society; accept the challenge of her important roles; develop a greater appreciation of the joys of lifelong learning.

Others taking part in the program were: Mrs. Keith Blackner, NEHC President; Dr. Wilson H. Elkins, Pres. U of Md.; Fred Neil, Assistant to Mayor Donald Schaefer of Baltimore; Mrs. Ellsworth Marshall, Md. EHC Pres. and Mrs. Martin F. Muchow, NEHC V. Pres. also, the U of Md. Chapel Choir, under the direction of Fague Springman, who had received the Gold Medal, the first award given in the State of Md., for outstanding achievement in Music.

More than 2500 delegates from 42 States attended the Conference. EHC members from Frederick County who attended were: Mrs. Frances Unger, State Finance Com. Chr.; Mrs. Bettv Bauserman, State Health Chr.; Mrs. Mary Lou Koontz, County EHC President; Mrs. Joy Fish, County EHC Secretary; Mrs. Byron Van Stronder, County EHC Reporter; Mrs. Bertha Venskoske, Mrs. Ada Brewer, Mrs. Ruth Orth, Mrs. Agnes Rosenberger, Mrs. Rena Link, Mrs. Irene O'Neal, Mrs. Reva Brill, Mrs. Zelda Brown, Mrs. Edna Mae Whittaker, Mrs. Esther Whitacre, Mrs. Martha Dove, Mrs. Edith Lantz, Mrs. Ruth Barker, and Mrs. Pauline Baccary, EH Agent.

The West Central 4-H Center at Wirtz, near Burnt Chimney, hosted the Fall Conference of the VEHC October 17-19. The theme was "Hands Across the Sea." The keynote speaker was Mrs. Samuel Levering, wife of Secretary of U.S. Com. For The Oceans. Her topic was "Save Our Seas." Mrs. Liza Fitzgerald, a native German,

now living in the U.S., talked about German customs at Christmas time. Miss Barbara Spangler, an IFYE student, told of her experiences during her 6-weeks stay in England, Scotland and Ireland.

The Frederick County EHC held their first Bazaar, November 10, at the War Memorial Building. The program was planned by Mrs. Joseph Hott, County Arts and Crafts Chairman. The theme was "Peeking At Christmas." All kinds of gifts, crafts, Christmas items, and baked goods were offered for sale. A country ham luncheon a la carte was served. The public was invited to attend. Mrs. Pat Kettlewell was Bazaar Chr.; Mrs. Bertha Venskoske was Co-Chr.; Mrs. Gwen Lunsford was Luncheon Chr. and Mrs. Gerry Van Stronder was Publicity Chr.

1973

The Frederick EH Council planned the following classes for 1973: Crocheting by Mrs. Elmer Vnskoske; huck embroidery or Swedish weaving by Mrs. Joseph Hott, Mrs. Mabel Brown, and Mrs. Arlie Gumm; decoupage by Mrs. Gerry Van Stronder; knitting by Mrs. Arlie Gumm; upholstery workshop at Armel School by Mrs. Mabel Brown and Mrs. Joseph Hott; landscape improvement workshop by Mr. J. C. Garrett, Ext. Specialist; rug braiding by Mrs. Roy McDonald and Mrs. Virginia Bauserman; Smocking by Mrs. Joseph Hott; advanced sewing by Mrs. Charles Hammack. All classes, except upholstering, were held at the War Memorial Building, and presented as free educational programs open to the public.

Extension Homemakers were having a little trouble getting use to their new name which was changed from "Home Demonstration Clubs" last year.

The District IX Meeting of EHC was held May 3 at the Page Theater on Main Street in Luray. Mrs. Elizabeth Carlisle, a native of Clarke County, opened the meeting. Paul R. Lee II was guest speaker and spoke on "Conserving Beauty in the Shenandoah Valley." Mrs. R. Trammel Oliver of Crewe, State Pres. EHC, gave a report on the growth of the Federation during the past 50 years of its organization. Mrs. Perry Sarver of Shenandoah County, narrated the History of the Virginia Federation of Home Demonstration Clubs. The Loudoun County Women's Barbershop Quartet provided the entertainment. Mrs. Roger Koontz of Frederick County, received the Pennies for Friendship which go for International projects. Mrs. Charles Perry, Dist. IX Pres., reported the achievements of the 6 counties in District IX, and recognized the 50-year members.

The third annual Family Resources Conference was held July 17-19 at VPI & SU in Blacksburg. The theme was "Happiness Is — Health? Security?" Betty Freezor, TV Home Economist and star of the Betty Freezor Show, gave the keynote address. Dr. LaBaron Mosley, Chief of Vocational Counseling Service of the Vets Hos-

pital in Salem, Va., was the Banquet speaker. His topic was "Essentials to Healthful Living." Eight workshops discussed positive Mental Health: Psychology of Living; Community Organization for Changing Culture; Food — Fact or Fancy; Is it Forbidden? You Decide; Personal and Family Finance; Preventive Medicine; Environment & Polluions; Perspective in Understanding. Conference participants attended 3 workshops of their choice. Six scholarships of \$500 each were given to High School girl graduates majoring in Home Economics.

Frederick County EHC members who attended were: Betty Bauserman, State Health Chr.; Frances Unger, State Finance Com. Chr.; Connie Robinson, V. Pres. Frederick County EHC; Gwen Lunsford, Mabel Brown, Gerry Van Stronder, Carrie Larrick, Courtney Bragg and Ruby Shiley, EHC Publicity Chr.

The Frederick County EHC Achievement Day was held September 21 at the War Memorial Building, with Mrs. S. Roger Koontz, County President, presiding. The theme was "We Are Growing." Miss Agnes Shirley, former HD Agent, reviewed the work of Extension activities in Frederick County since 1918 when Mrs. Allen Bond, nee Miss Mabel Haynes, was the first Extension Agent. Miss Lou Ann Lizer, 4-H State Talent contest winner, performed the ballet that won the state honor for her at the Virginia 4-H Congress held in Blacksburg. Each Club had a show-and-tell exhibit which included: chair caning, stenciling, making bread flowers, beading, quilting, small Christmas decorations, different types of button closure, and making lamp shades. Baby-sitting was arranged for the day-long meeting.

"Think Leadership" was the theme of the VEHC Fall Conference October 30 - November 1 at the Methodist Conference Center in Blackstone, Va. Mrs. R. Trammel Oliver of Crewe, State EHC Pres., presided with Mrs. Dan J. Beard of Harrisonburg, V. Pres. VEHC. Mrs. C. Wade Ferguson was Conference Chr. Speakers were: Mrs. Norman Vincent Peale, who wrote "The Adventures of Being A Wife," and Dr. Delwyn Dajer, Ext. Specialist Community Resources, VPI & SU. Those attending from Frederick County were: Mrs. Davis Bauserman, State Health Chr., Mrs. Vernon Unger, State Finance Com. Chr., Mrs. Luther Patton, Mrs. Edith Lantz, Mrs. Curtis Dove, and Mrs. J. L. Thomas of Winchester, Dist. IX Pres-elect.

Frederick County EHC held its second annual Bazaar November 2 at the War Memorial Building. The event featured the sale of home-baked breads and cookies, pickles and preserves, hand-craft gifts and novelty items; a white elephant table featured special bargains; a plate luncheon with coffee was served near the noon hour. The county clubs undertook this project, under the chairmanship of Mrs. Courtney Bragg, to benefit the Youth Fair organization and to increase the Homemakers Scholarship Fund.

A workshop on making afghans from monks cloth was held at the War Memorial Building in January. The ripple and Christmas tree designs were taught by Mrs. Roy Swartz of Inwood, W. Va. and Mrs. Robert Hughes of Arden, W. Va. Mrs. Joseph Hott, County Arts and Crafts Chr., was in charge of the workshop. More than 60 women attended and there were many requests for future workshops. Several workshops were held later.

Gardening Clinics were held in March and April. William Minor, Manager of Smalts Garden Center, conducted a program on care of shrubbery and home lawns. Harris Swann, Regional Director of Southern States Cooperative, and Tom Ewert, Director of Blandy Experiment Farm, conducted a program on flower culture. Each program covered all phases of choosing, using and caring for the plant varieties associated with the gardening topics. Each session included a question and answer period.

The gardening clinics climaxed a 3-month study of various phases of gardening conducted in each of the 13 EH Clubs in Frederick County during January, February and March. The Clubs were given a choice of gardening topics to match the programs to the interests of the Club. Topics included films on the National Arboretum, the Research Center on Plant Diseases at USDA; slides on mulching, building soils, preparing soils, planting seeds, transplanting seedlings, and growing herbs. The topics in March included slides on pruning, shrubs, landscaping the home grounds, and flower borders.

A special Lawn and Garden supplement to the Winchester Evening Star, in March, featured gardening activities of members from 4 EH Clubs and announcements of the EH gardening clinics and services available at the Extension Office.

Beginning in April, the EH Clubs spent the next four months on Food programs on preparing and preserving food. Topics ranged from creative cooking, cooking with herbs, comparing old and new recipes and methods, to meat stretchers and substitutes.

The educational program on Leisure Living during July and August included: Outdoor Cooking — in coals, on the grill; Time-saving Household and Cooking Tricks; Summer Health and Safety Tips; Knowing Our Local Landmarks and History.

The topic for September, October and November was "Making the House a Home." Educational programs included: Selecting Home Furnishings; Recognizing Antiques; Refinishing Furniture; Holiday Baking & Candy Making; Creative Christmas Decorations and Packages; Sewing Techniques; and Surroundings for the Elderly.

The December program was "A Holiday Mood." Clubs had Christmas parties and exchanged gifts. They also made and gave

gifts to needy families, to veterans in the Veterans Hospital, and to residents in Nursing Homes.

Other activities during the year included a 2-day Sewing Machine Clinic at which 13 sewing machines were cleaned and adjusted. Mrs. Elizabeth Spielman, former Education Supervisor for Singer Home Economics program, identified a variety of problems of the home sewers. Dr. Beatrice Kalka, Clothing Specialist at VPI & SU, discussed what to look for when purchasing a new machine.

A new experience was provided all who attended the Computerized Menus program held at the War Memorial Building. Mr. Alan Boyer, District Farm Management Specialist, conducted the workshop. Family information was fed into the computer and it told how well the order met nutritional requirements for the family, the amount spent on each group, and the remaining portion of the food budget. It told whether one was spending too much or too little for the various parts of well-balanced meals, and showed how one could improve their food buying, and stay within their food budget.

The theme of the District IX Meeting held May 15 at the Clarke County High School in Berryville was "Back to Patriotism." Rev. Ernest E. Emurian, Minister at Cherrydale United Methodist Church in Arlington, centered his talk on the "S" in U.S.A. He said "The 'S' stands for our songs, our slogan, our symbols, and our spirit" and elaborated on each one of them.

Mrs. John L. Thomas and Mrs. S. Roger Koontz, both of Frederick County, were installed as District President and Vice President, respectively, by Mrs. Harry Lee Fleming of Shenandoah County. Mrs. Charles Perry, outgoing President, presided at the meeting. Entertainment was furnished by Miss Robin Brumback and Mr. Kirk Brumback, Clarke County 4-Hers. Mrs. T. E. Cummings, State VEHC President, presented her Report for the year's activities. Mrs. Davis Bauserman of Winchester gave her State Health Report. Mrs. Cora Schlim gave a report on the Seminar on Aging which she attended March 14-15 at VPI, and also reported on the Redistricting Proposal. The topic of the Seminar on Aging was "Perspectives of Aging." Fifty-five EH members from Frederick County attended the meeting.

The fourth statewide Family Resources Conference was held July 16-18 at VPI & SU in Blacksburg. The theme was "Challenge — Action — Change." The keynote speaker was Julian F. Hurst, Executive Director of Va. Municipal League. The Banquet speaker was Rev. Oddvar Berg of Russellville, Ky., who spoke on Personal Renewal. Workshops were on: Shaping the Future of Our Communities; Help People With Special Needs; Public Policy — How It Happens; Our Changing Economy; Challenging Experiences for Older People; Challenges With House Plants; Changes in the Market Place; Clothing — Challenges and Changes. Conference participants had a chance to attend 3 workshops during the Conference.

Presiding at various sessions were: Miss Margaret Groseclose, Director of Family Resources; Mrs. T. E. Cumming, State Pres. EHC; and Miss Betty Walters, Va. Farm Bureau Federation representative. The Frederick County delegation, with 15 EHC members, had the largest county delegation registered at the Conference.

The proposal for redistricting, which would have changed boundry lines of districts and created 22 districts instead of the 12 districts, was voted down by the delegates.

Mrs. Martin Muchow of South Dakota, NEHC President, addressed the meeting on the organization's goals and activities. She stressed the importance of education, sharing development of leadership, enthusiasm, and "letting your light shine."

Mrs. Cora Schlim of Winchester, attended the NEHC Conference August 4-9 at the University of Illinois in Urbana. She was one of 1160 homemakers from 39 States and Puerto Rico who attended sessions based on the theme "Homemakers Grow and Share." She took part in the educational workshop on Family Life taught by Dr. Barbara Fite, Specialist in Human Development and two "Grow and Share" workshops on Family Life — The Changing Scene and Wise Use of Natural Resources. Topics discussed in the Changing Scene session were: The changing role of women and men in the family structure due to occupational roles of women, the feminist movement and the status of women, improved quality of day care for children of working mothers, new forms of marriage relationships, changes in parental role, rapid maturing of young people now and implications it presents for family communications along with the influence of different types of communities on family life. The session on "Wise Uses of Natural Resources" warned that the country may be without water before it is without food.

Awards presented to VEHC included: a First for Cultural Arts and also for Family Life; a Second for International; a Third for a Feature Article and an Honorable Mention for Public Information. A National Creed chosen for NEHC was written by a Virginian, Jean Beard of Harrisonburg.

"Preserving Our Heritage" was the theme of the Frederick County EHC Achievement Day program September 13 at the War Memorial Building. Mrs. Courtney Bragg, County EHC Pres., presided. Reports given were: Arts & Crafts — Rosie Hott, Bazaar — Pat Kettlewell, Citizenship — Bertha Venskoske, Clothing — Catherine Hammack, Cookbooks — Loretta McDonald, Cultural Arts — Rachel Owings, Health — Gwen Lunsford, Publicity — Ruby Shiley, Scholarships — Bertha Hoagland. New By-Laws for the EHC were presented and accepted. Mrs. Gwen Lunsford of Stonewall Club was honored by having the new Yearbook dedicated to her.

Teresa Lazazzera, White Hall 4-H Club, entertained the ladies with piano solos. Vicki Gano, Whitacre 4-H Club, demonstrated "How to Preserve a Pattern." which won First place for her in State competition this year. Miss Katherine Habel, Home Furnishing Specialist at VPI, spoke on "Using Your Antiques." Special guests included: Miss Tommie Lou Hunter, Program Leader, Northern District; Mrs. Sally Gochenour, Extension Home Agent, Shenandoah County; Mrs. Margaret Montgomery, Extension Home Agent, Clarke County; Mrs. Lorraine Berry, President Clarke County EHC; Miss Agnes Shirley, former Extension Home Agent, Frederick County.

The Frederick County EHC Bazaar was held November 9 at the War Memorial Building. Each Club had a table of articles to sell, which included handmade crafts, terrariums, shoulder bags, Christmas gifts and decorations, nativity figures, etc. The Sweet Shop had homemade breads, pies, cakes, rolls, pickles, preserves, relishes. A White Elephant table and Children's table were other features. An a la carte lunch, including country ham sandwiches, was served during the lunch hour. Proceeds from the event went toward the scholarship fund while the proceeds from the Children's table benefited the Frederick County Youth Fair.

The theme for the Fall Conference held October 29-31 at Massanetta Springs was "Chugging Along the Right Track." A train skit was used to illustrate the theme. The engineer was the program chairman leading the train with our State Leader in Extension directly behind her with fuel from Va. Tech Extension. The train traveled through the state picking up box cars, each representing a program of work, that was filled with information and guides for the program. There were workshops in all programs of work. Entertainment was by the Senior High Handbell Ringers, First Presbyterian Church, Harrisonburg. The guest speaker was Dr. Patrick Gainer, Professor Emeritus of England, W. Va. University, who shared his "Traditional Music from the Home of the W. Va. Mountaineer" with the audience through songs, stories and music.

A new feature for EHC members was the Frederick EH Club Corner, compiled each week by Miss Ruby Shiley, County EH Public Information Chr., and published in the Winchester Evening Star. It presents news about club meetings, programs, demonstrations, etc. for the week ahead.

A monthly newsletter from the Extension Office goes to every EH club member and 350 non-members. Mrs. Pauline Baccary, Extension Home Agent, Frederick County, received the First Place State Award for her radio programs over WINC and WHPL; and a First Place State Award for her newspaper column "Homemakers Helpers," which appeared regularly in the Winchester Evening Star. She became Extension Home Agent for Frederick County on February 1, 1970.

Miss Ruby Shiley, County EHC Public Information Chr., gave two five-minute reports on the VEHC Fall Conference, on each radio station, WINC and WHPL. Mrs. Cora Schlim, EHC member, made 2 Senior Citizens Month talks on WINC in May and reported on the NEHC meeting in August, also on WINC. Spot announcements were used on both radio stations to publicize the EHC Bazaar in November.

"Letter to the Editor, Hats Off to Homemakers," by Mrs. Cora Schlim, was published in the September 1974 National Notes, and in the August 22 Winchester Evening Star. Two other EHC members had "Letters to the Editor" published in the Winchester Evening Star: Mrs. Catherine Monte on Freedom of Information, and Gerry Van Stronder who advocated that restaurants serve smaller portions for elderly people, at reduced prices to benefit those on fixed, and sometimes inadequate, incomes.

A Photography and Publicity workshop was conducted by John L. Thomas of Winchester, Public Relations Officer for Shenandoah College in Winchester. A chair-seating with white oak splints workshop was conducted by Richard Miller, Librarian at the Handley Public Library. Mrs. Jenny Lind Cather, EHC member, conducted a workshop on dried flower arrangements. EHC members held their second "Cookie Fair" December 6 and exchanged cookies and recipes. EHC members chartered a bus October 4 to tour the Mormon Temple near Washington, D.C., and on November 7 to attend the Loudoun County "Early Peek at Christmas."

Mrs. Gwen Lunsford, County EHC Health Chr., and several EHC members initiated the project and worked with the Health Dept. and the city and county Welfare Depts., to organize a Homemakers Emergency Service. EHC members sponsored 3 exhibits on health and safety at the Frederick County Youth Fair September 2-7. The Virginia Lung Ass'n. loaned "Smoking Sam," a mannequin with glass lungs which show the effects of cigarette smoking on the lungs. The Virginia Highway Commission furnished equipment for a demonstration and film on bicycle safety. A "Convincer" seat-belt demonstration was set up by the Virginia Highway Safety Commission and manned by the Winchester Rescue Squad Auxiliary. Frederick County 4-Hers and other youth assisted at these exhibits.

After the Youth Fair, "Smoking Sam" was exhibited in the Frederick County schools. Extension Homemakers and 4-Hers transported the mannequin from one school to another. Mrs. Gwen Lunsford coordinated "Sam's" visits to the schools. EHC also publicized, and participated in, the Pap Smear Clinic, and the free Lung Cancer Detection Clinic sponsored by the Cancer Society.

Frederick County sent in 17 new subscriptions to National Notes, which included every Club President.

The following EHC members presented a Craft Workshop in

November for Girl Scout Leaders: Mrs. Arlie Gumm, foil boxes; Mrs. Richard Fletcher, burlap flowers; Mrs. Charles Ashby, foam tray ornaments; Mrs. Julian Bragg, pompom figures; Mrs. L. A. Elliott, felt crafts & stick signs; Mrs. Joseph Hott, Swedish embroidery on Monks Cloth; Mrs. Byron Van Stronder, decoupage; Mrs. Pearl Ridgeway, bead jewelry; Mrs. Roger Koontz and Miss Susan Koontz, leaf, button, & embroidery stationery; Mrs. James Gordon, Jr., mod podge; Mrs. Nelson Haines, pine cone cradle rings; Mrs. Joseph Jolliffe, Leggs eggs and styrofoam ball decorating. Thirty troops from Winchester and Berryville attended the workshop.

All county-wide projects were continued, and a few new crafts were added: broomstick crocheting, macrame, cornhusk and apple dolls, corsages, string art pictures, basket weaving, creative needlepoint.

1975

Programs for the year were planned around suggestions given by members of each Club in the county. Program chairmen for the year were; Arts & Crafts, Mrs. Rosie Hott and Mrs. Dorothy Russell; Citizenship, Mrs. Bertha Venskose; Clothing, Mrs. Charles Hammack; Cultural Arts, Mrs. Will Owings; Family Life, Mrs. Bertha Hoagland and Mrs. Cora Schlim; Health, Mrs. Reid Lunsford; International, Mrs. Amos Kettlewell; Public Information, Miss Ruby Shiley; Safety, Mrs. James W. Shumar.

A series of Arts & Crafts workshops were held in February and March, and throughout the year, at the War Memorial Building, at Club meetings, in schools and other meetings. Emphasis on Crafts was part of "Preserving Our Heritage" in celebration of the U.S.A. Bicentennial. Classes taught included: Candle making, crocheting, crewel embroidery, knitting, tatting, bargello, needlepoint, petit-point, quilts and quilting, monks cloth afghans, quilling, stenciling, decoupage, ripple and granny squares afghans, weaving dish cloth mats, smocked pillows, apple dolls, cornhusk dolls and wreaths, pine cone wreaths, ballon art, ceramics, basket weaving, fabric flowers, bread flowers, corn-husk flowers, decorated eggs and egg-shell pins, medallion and crocheted bead necklaces, sand terrariums, tole painting, broomstick crocheting, styrofoam dolls, fabric wreaths, sunburst wreaths, Christmas decorations, novelties, and cake decorating, tote bags from upholstery webbing and from plastic bottles. All workshops were publicized and open to the public.

Frederick County EHC members demonstrated roping rush-bottom chairs and sold hand-made crafts and cookbooks at the Belle Grove Farm Craft Days. Ten EHC members demonstrated crafts at the annual Girl Scout Leaders workshop, which provides ideas for Crafts at Troop meetings. The workshop is an outreach program for EHC members.

Gardening was a popular program, due to the recession and inflation. Mr. Griffin Davis of Stephens City, conducted 3 workshops: January 6, February 28 and March 24, at the War Memorial Building. Gardening hints and tricks, using odds and ends, were presented. Japanese Beetle traps were made from plastic gallon bottles. Many members started compost piles. A "Winterizing Your Garden" workshop at the War Memorial Building on August 25 was conducted by Dr. Wesley Judkins, Extension Specialist in Horticulture at VPI. The Winchester Evening Star published a special Garden Section on March 18. EHC members who contributed articles were: Mrs. Eleanor Brill on "Pruning Grapevines;" Mrs. Byron Van Stronder on "Vegetables as Shrubbery;" Miss Ruby Shiley on "Gardening Shortcuts and Suggestions;" Miss Agnes Shirley on "Prepare Year Around Garden in Autumn;" and Disease,, Insect-Resistant Plants" by Mrs. Pauline Baccary. Thirty-three EHC members volunteered to help new and nearly-new home gardeners with any of their gardening problems.

A lesson on "Food Preservation: Canning, Freezing and Drying" was given by Mrs. Pauline Baccary, Extension Home Agent. More than 40,000 quarts of food was preserved by EHC members during the year.

An Herb Cookbook was compiled and published to promote more use of herbs instead of salt as a health plan to reduce high blood pressure and fluid retention. A Tasting Party was given to launch its sale on June 30 at the Shenandoah Gas Company Kitchen in Kernstown. "Creativity With Herbs" was the theme of the program. Fifty-five persons, including 5 visitors from Shenandoah County, viewed slides on growing herbs and tasted food prepared by EHC members from recipes which were published in the Cookbook. The commentary, given by Miss Ruby Shiley, included hints on cultivating each variety and suggestions for their culinary uses. Door prizes of rooted herbs and free cookbooks were awarded. Miss Myrtle Rhodes of Middletown, who donated the herbs for door prizes, displayed sprigs from 32 herbs growing in her garden, identified each one of them and answered questions on cultivation of them.

The Family Life program emphasized "Understanding Self" and covered Growing Older, New Age for Old Age, Women's Role Today, Changes in Family Values and Lifestyles. In searching for understanding they learned to arrange the order of their values. Many branched out to crafts, going back to school, doing volunteer work.

The Homemakers Emergency Care Service, an organization of Extension Homemakers who volunteer their services in cases of emergency, was organized, adopted By-Laws and elected Mrs. Gwen Lunsford, President; Mrs. Mary Hannum, Vice-President; and Mrs. Edith Bennett, Secretary. The Service sponsored a series of training sessions, open to the public, on "Planning Nutritious

Meals" by Mrs. Pauline Baccary, Ext. Home Agent; "Recognizing Emotional Problems" by Mrs. Rae Beatty, Director, N.W. Psychiatric Clinic; "Working With Elderly and People With Problems" by Mrs. Karen Williamson of Winchester Welfare Dept.; and "Emergency Home Care of the Sick" by Mrs. Alverna Dolan, R.N.

The Stonewall EH Club donated a "Betsi Breast" to the American Cancer Society, to be used in Teach-In Breast Cancer Clinics in a 9-county area. This teaching model is designed to help women learn how to examine themselves for lumps in the breast. Mrs. Gwen Lunsford, President of Stonewall EH Club, received the 1975 Division-Unit Volunteer Award for the Winchester/Frederick unit of the American Cancer Society. Mrs. Cora Schlim, President of Albin EH Club, was nominated by the staff of the Hillcrest Nursing Home, where she taught crafts one day per week, for the American Health Care Ass'n. National Volunteer of the Year Award. She also received recognition in a newspaper article for the Bicentennial Christmas tree she helped residents of the nursing home decorate.

Mrs. Gerry Van Stronder, EHC member, who is a diabetic, was instrumental in getting the Star's "Living" editor to write an excellent article on the organizational meeting for a local chapter of the American Diabetes Association.

EHC members promoted and sponsored a special program of 3 two-hour classes on Cardio-Pulmonary-Resuscitation conducted by the Winchester Rescue Squad. Classes were limited to 12 persons per class. The "Heimlich Maneuver," or "Bear Hug," an emergency method to aid persons choking, on food or an object, was demonstrated also.

The film "Sorry, No Vacancy," scheduled by the Frederick County EHC, was shown in the Auditorium of the Handley Public Library, afternoon and evening. The film emphasized conservation, with special emphasis on water, and that "the flood of people on earth threatens its own future as we use reserves of natural resources;" that misuse and over-population will create "No Vacancy" for future generations.

EHC members helped recycle paper, aluminum and empty bottles. Books and magazines were donated to libraries, schools, nursing homes, hospitals and laundromats, and some were sent to Foreign Missions. Newspapers were collected and sold to benefit the 4-H Youth Fair.

The Citizenship program had monthly programs which stressed "The Roots of Our Heritage" and included: the Bill of Rights; the Bill of Duties; Youth's Bill of Rights; a Citizenship Quiz; Symbols of our Country — the Great Seal, Statue of Liberty, Statue of Freedom, Statue of Columbia, Virginia's State Seal, State Flag, State Flower, State Bird; Story of Our Flag; American's Creed and What Our Constitution Means; Wonders of Our U.S.A. —

Cradle of Liberty, Shrine of Democracy, Garden of the Gods, Gateway to the Moon; Hell's Canyon, Devil's Tower, and many others; Songs of Our Country — God Bless America, Star Spangled Banner, Battle Hymn of the Republic, Yankee Doodle, America, Dixie, and others. In November the program stressed the power of one vote and the influence it had in our past history. Mrs. Ruth Orth, Mrs. Bertha Venskoske, Miss Ruby Shiley and Mrs. Cora Schlim, all EHC members, submitted essays in the Virginia Essay Contest on "Pathways to a Better America." Mrs. Schlim won a Third Place State Award on her Essay.

Two EHC members were appointed as representatives to the Shenandoah Area Agency on Aging: Miss Sarah Shryock was appointed by the Frederick County Board of Supervisors to represent Frederick County. Mrs. Cora Schlim was appointed by the Common Council of Winchester to represent the City of Winchester. Mrs. Rachel Owings, EHC member, was named to the Executive Committee of the Bicentennial by Mr. Robert Edwards, Chr. of the Bicentennial Committee, and to the General Committee by the Board of Supervisors.

Mrs. Bertha Venskoske, County Citizenship Chr., asked the American Legion to place a copy of their book "Need A Lift?" in the Handley Public Library and in each High School Library in Frederick County. The book gives information on many available scholarships in the U.S.A.

Frederick County EHC members were hostesses for the District IX Meeting May 7 at the Lee Jackson Restaurant in Winchester, and recognized National Extension Homemakers Week and International Women's Year. The theme of the Meeting was "Woman's Emerging Freedom." Approximately 425 members and guests heard Mrs. Irene Walker of College Park Md., Retired Agency for International Development Director, address the group on the theme of the Meeting. She is a life member of All-Stars, a 4-H organization, and is known internationally. She said: "women are making rapid progress in Africa and in many Asian countries — Indonesia, Philippines and Taiwan, especially; it is important that young women receive an education in more than one field and be equipped to fill different types of jobs; women should have the freedom to be a homemaker, pursue a career, serve as a volunteer or select any combination of them; women should be informed and active concerning politics and current issues." Mr. John L. Thomas, Director of Public Relations at Shenandoah College, gave the opening devotions on the subject "A Woman Called Hannah." Mrs. Hazel Cummings, State VEHC Pres., reported on her trip to the ACWW Conference in Perth, Australia. District Officers elected and installed were: Pres.-elect, Mrs. Mary Lou Koontz of Frederick County; Vice-Pres., Mrs. John Davis of Warren County; Treasurer, Mrs. Marie Cave of Page County. The Pres. Mrs. John Thomas and Secretary Mrs. Helen Naylor continued in office one more year.

Bill Stover of Strasburg sang two solos and the James Wood High School Choir, under the direction of Paul Thompson, sang several selections. Special guests included: Mrs. Jean Beard, VEHC Pres.-elect; Miss Tommie Lou Hunter, Program Leader Northern District; Miss Agnes Shirley, Retired Frederick County Home Agent; Miss Margaret Flickinger, Retired Home Economist for Potomac Edison Co. There were 113 Frederick County EHC members at the meeting. Special thanks were given to Miss Agnes Shirley for the beautiful flowers and arrangements.

Courtney Bragg, Frederick County EHC Pres., met with the Frederick County Board of Supervisors and had them sign a Proclamation for the observance of National EH Week, May 4-10 by Frederick County Extension Homemakers.

Miss Ruby Shiley, Mrs. Betty Bauserman, Mrs. Frances Unger, Mrs. Cora Schlim, all EHC members, and Mrs. Pauline Baccary, Ext. Home Agent, attended a meeting on "Food Programs for Elderly and Improverished Persons" conducted by the Virginia Co-operative Extension Service, Ext., Div., VPI & SU, at Manassas, Va. on April 3. Mrs. Cora Schlim attended a Seminar on Aging June 18-19 at Madison College in Harrisonburg, Va. The theme of the Seminar, conducted by the Valley Regional Office of the Dept. of Welfare, was "Growing Old Ain't All That Bad." Much educational material was presented at these meetings.

Fourteen Frederick County EHC members attended the Family Resources Conference held July 22-24 at V.P.I. The theme was: "An Economic Fact — Live For Less." Dr. Juanita Strawn, Human Ecologist from Hampton Institute in Hampton, Va., keynote speaker, described the 70's as "A Crisis of Prices, Discovery of Recovery; Squeeze and Stretch Our Dollars." She said, "We no longer try to keep up with the Joneses, we are the Joneses. The future belongs to those who prepare for it; we should judge a person for what he is, not by what he has; make decisions cautiously."

More than 400 persons attended the Conference. Conferees had a choice from 8 workshops to learn how to live for less in the areas of food buying, energy management, insurance needs, mobilization of community resources, and converting skills into dollars.

At the business session, the re-districting plan was voted down. Club dues were raised from \$6.00 to \$10.00 per Club, to meet increased expenses. Seven scholarships were awarded — 98 applications were received. Frederick County received the following awards: Mrs. Gwen Lunsford, County Health Chr., third place for the Health Program; Miss Ruby Shiley, County Public Information Chr., second place for Public Information; and Mrs. Cora Schlim, third place in the State's Essay Contest for her Essay on "Pathways to A Better America."

The EHC Achievement Day program was held September 12

at the War Memorial Building with approximately 150 members from 15 Clubs in attendance. Guest speaker, Mrs. Connie Martin, Art Teacher and President of Women's Aglow Fellowship, spoke on "Positive Thinking for Today's Woman." She said, "God gives each of us a special task. Each person must respond to that call and not, as many people do, sit on the back burner of life and simmer and stew." She emphasized the importance of prayer.

Mrs. Courtney Bragg, County EHC Pres., conducted the meeting. Annual reports were given by each program of work chairman. Mrs. Bertha Hoagland, Scholarship Chr., reported that a \$200 scholarship had been awarded to Cynthia Ralston of James Wood High School. This was the third scholarship awarded by Frederick County Extension Homemakers — the first two scholarships of \$100 each went to Cheryl Pugh in 1973 and 1974. Mrs. Rosie Hott summarized the Crafts worked on during the year in a humorous report "A Jet Trip — A to Z — in Arts and Crafts." Announcement was made of the winners of the State Awards and congratulations offered to Mrs. Gwen Lunsford, Mrs. Cora Schlim and Miss Ruby Shiley. The new Yearbook was dedicated to Mrs. Will Owings, County Cultural Arts Chairman, by Miss Agnes Shirley, Retired Frederick County Home Agent. Mrs. Naomi Thomas, District IX Pres., installed the new President, Mrs. Connie Robinson; Secretary, Mrs. Irene O'Neal; and Vice-President, Mrs. Patricia Brannon, to fill out the unexpired term of Mrs. W. Godfrey Zirkle. Mrs. Dorothy Russell, Treasurer, had one more year on her term.

Special guests included: Mrs. Hazel Finney, Loudoun County EHC Pres.; Mrs. Elsie Ward, Loudoun County Citizenship Chr.; Mrs. Alice Haggerty, Clarke County EHC Pres.; Mrs. Evelyn Ward, Clarke County Arts & Crafts Chr.; Mr. Dennis Cole, member of Frederick County Board of Supervisors. All Charter members of Frederick County Clubs were recognized, with special recognition of Mrs. Carrie Clayton, of the Albin Club, who was 95 years old.

The theme of the NEHC Conference held in Orlando, Florida on September 14-19 was "Wonderful World of Women." Attendants from Frederick County were: Mrs. Naomi Thomas, Mrs. Betty Bauserman and Mrs. Cora Schlim. Mr. Davis Bauserman chauffeured the 3 women to the Conference and on the return trip. Mrs. Edith Lantz, a former member of the West Frederick Club, also attended the Conference.

More than 2300 women from 43 States, including Alaska and Hawaii and the Territory of Puerto Rico were registered. There were more than 60 persons in the Virginia delegation. Virginia won a second place State Award in Cultural Arts and a second place for its International Program.

Edwin L. Kirby, Administrator, Extension Service, USDA, addressed the assembly with "Extension Homemakers Meet the Challenge for the New Century." He quoted the results from the

2-year survey conducted in 29 States. More than 50 projects were reported. He congratulated Extension Homemakers for their 39 years of service, and said it was the most influential organization in society.

The keynote address, "The Three Faces of Eve" was delivered by Dr. Betty Siegel, Dean for Continuing Education, U. of Florida. The 3 faces she mentioned were: A Self Fit to Live With, A Purpose to Live For, and a Faith to Live By. She said that suicides in the 15 to 20-year age group and child abuse are the two great dilemmas of today and that we must learn to live together. She stressed the need for mothering and fathering or parenting, and there is a need to return to the extended family instead of the nuclear family, that youth must be a part of the extended family. She said, "The greatest unused power today is not nuclear energy — it is God."

Educational workshops were conducted in Citizenship, Cultural Art, Family Life, Health, Public Information and International. Learning sessions carried out the theme of Disney World and covered rehabilitation and education of handicapped homemakers, membership promotion, responsibilities and roles of leaders, self-development, energy conservation, money management, dilemmas of inflation and recession, and impact of decisions and actions of consumers on our marketing system.

Dr. Opal Mann, Assistant Administrator Extension Service, USDA, talked about "Stepping Stones into a New Century." She summarized the stepping stones of the NEHC through its 39 years and said that there are many stepping stones yet to be achieved, but Americans are optimistic people because only optimistic people came to America.

Eleven Frederick County EHC members were among the more than 400 members of the VEHC who attended the Fall Conference October 21-23 at the National 4-H Center in Washington, D.C. It was the largest Fall Conference in the history of the state-wide organization. EHC members from Frederick County who attended the 3-day Conference were: Naomi Thomas, Mary Lou Koontz. Ruby Shiley and Cora Schlim. Present for one day of the Conference were: Betty Bauserman, Courtney Bragg, Zelda Brown, Lynn Lunsford, Ruth Orth, Mildred Shryock, Bertha Vensköske and Edna Mae Whittaker.

Highlighting the 3-day meeting, which focused on Cultural Arts, was the unveiling of the VEHC Bicentennial Tapestry, a combined effort of the Council members around the State. The tapestry, begun in January under the direction of Mrs. Maynard Hanson of Arlington and Mrs. Edward Gregory of Newport News, State Cultural Arts and Citizenship Chairmen, respectively, was presented to the Extension Division of V.P.I., Blacksburg, for the Commonwealth of Virginia. W. E. Skelton, Dean of Extension at V.P.I.,

accepted the tapestry. Dean Skelton, in his acceptance remarks, praised the tapestry as an example of Virginia's love of freedom and individual productivity. He said the tapestry would receive maximum visibility during the Bicentennial observance for citizens to understand Virginia's heritage. The tapestry is more than 8 feet high and 13 feet wide, weighs nearly 50 pounds, contains 104 twelve-inch needlepoint squares depicting historical and geographical themes, and took more than 22,000 hours to complete.

Frederick County's contribution to the tapestry was created by Miss Mildred Shryock from a drawing of one of Daniel Morgan's riflemen in a tree shooting a Redcoat on the ground below.

The 3-day program included a tour of the Nation's Capital, with stops at the Kennedy Center and Washington Cathedral. Four workshops offered were: Creative Writing, Tracing A Family's Heritage, Creating Tomorrow's Heirlooms, and Appreciating the Bicentennial Through Dance.

Highlighting the last session of the Conference was a talk by Rev. Ernest E. Emurian, pastor of Cherrydale United Methodist Church in Arlington, a noted author of patriotic hymns and songs. He related the history of several compositions and asked the delegates to join him in singing many of them.

The topic of a program presented at the Lord Fairfax Community College on September 25 by Dr. Bruce Prouty, Professor, Dept. of Accounting at VPI & SU, was "Planning An Estate." He discussed laws about real and personal property, the consequences of joint ownership, inheritance and gift taxes, and said that every person who does not have an estate plan will be provided with one according to state law; every one, young or old, rich or poor, who owns property can benefit from estate planning. The program was sponsored jointly with the Extension Office as a public service. The next day he discussed "Pricing Your Crafts," at the War Memorial Building. He suggested guidelines for marketing handcrafts and said a good pricing formula is 3 times the cost of materials; that one should not price the item out of the market; and don't try to sell your mistakes.

The EHC annual Bazaar was held November 8 at the War Memorial Building. Each club had 2 tables loaded with handcrafted articles including dolls and doll clothes, stuffed toys, crocheted and knitted articles, hand-painted pictures and articles, plant and dried flowers, Christmas decorations, and many home accessories, all of high quality workmanship.

There was also a White Elephant Table of "bargains" and a Children's Table of things priced so children could afford to buy them. A Sweet Shop had many kinds of breads, cakes, cookies, pies, jams, jellies, pickles, etc. The noontime a la carte lunch offered country ham sandwiches, hot dogs, barbeques, potato salad, bean salad, pie, coffee, tea, Coke, Tab. Between 2000 and 3000 persons

attended. Net proceeds of the Bazaar are used for Scholarships and other County EHC projects.

The EHC sponsored Cookie Fair was held at the Market Street United Methodist Church, December 4, with nearly 50 persons bringing 100 cookies to exchange. Mrs. Mikel Kinser of Stephens City had served as chairman of the Fair since its beginning four years ago. After sampling some of the cookies, a light lunch was served. Those attending are mailed recipe sheets of the various recipes brought for exchange. The ladies said it was an easy way to collect a variety of homemade cookies.

EHC members gave more than 500,000 hours of their time in volunteer work for numerous civic and charitable organizations and projects during the year. They judged at Fairs in Frederick, Shenandoah and Warren counties. They made lap robes and scuffs for Nursing Homes and the Veterans Hospital, gave books to the Laubach Reading program and to libraries, gave party favors and bingo prizes to Nursing Homes, helped 8 burned-out families and a Vietnamese refugee family of 3 adults and a baby, contributed to CARE, CROP, HOPE, UNICEF, Foreign Missions, Pennies for Friendship, \$400 to the Youth Fair Association, \$75 to the Winchester Recreation Park, \$30 to the 4-H Pig Scramble at the Fair. Members chartered a bus to go to the Fairfax County EHC Achievement Day May 16 and to the Frederick, Maryland, Craft Fair June 7. They held a Christmas Crafts workshop October 23 at the War Memorial Building for an exchange of ideas of Christmas gifts and decorations. They had picnics and Christmas parties. Three new Clubs had been organized in Frederick County which made a total of 18 Clubs with a membership of 395 members.

1976

Frederick County EHC started the new year with a Planning Meeting January 30. Programs of work were planned around suggestions from club members and committee chairmen. By-Laws for the Frederick County EHC Council, written in 1975, were amended and adopted at the meeting.

The Frederick County EHC Citizenship Program was built around our Bicentennial Celebration with the following themes: 1975 — Roots of our Heritage; 1976 — Preserving our Heritage; 1977 — Building on our Heritage. The 1975 program covered the Bill of Rights, Bill of Duties, Youth's Bill of Rights, Symbols, Slogans, Songs, Our Constitution, American's Creed, Our State — Virginia, Power of One Vote, Citizenship Quiz, and Our Flag. This year covered the following: Build Me A Son, America's Clock, Energy Conservation, Patriotism, I Am the Nation, Pledge of Allegiance and Its Story and the Freedom Pledge, Bicentennial Quiz, Remember This, I Am An American and U.S.A. — My Country, Ten Commandments For Teenagers, Seven Deadly Sins and Be Thankful, and the Gettysburg Address and Christmas Is. These

were presented as monthly programs. In 1977 we will build on our Heritage by studying government on all levels.

The first EHC project for 1976 was the making of Our Flag, made entirely by Extension Homemakers. The flag is 13 feet by 29 feet and was used for the first time as a backdrop for the finale of the Winchester Memorial Hospital Auxiliary's "Hooray for Hollywood" Follies of 1976. Since then, it has been used more than 20 times, at schools, Festivals, churches, Bicentennial and Citizenship programs.

The second EHC project was making smocks for the Winchester Memorial Hospital's "Sunshine Gift Shop" which opened March 1. Frederick County Extension Homemakers made the smocks from the cutting-out to the finished garments, donating their time and labor. The smocks are worn by the volunteers who help in the Gift Shop.

We helped celebrate George Washington's Birthday by serving a huge 6-foot by 9-foot Birthday Cake, and coffee, free, at a celebration sponsored by the Ward Plaza Retail Merchant's Association.

The next project was helping the Frederick County Fair Association in their Paper Drive as part of the "Spruce Up, Virginia — Company's Coming" Campaign and the Winchester-Frederick County Chamber of Commerce's "War on Waste" program.

Our Scholarship Committee awarded a \$200 Scholarship to Betsy Geddes, a graduate from James Wood High School, to be used at the college of her choice.

Our members helped publicize and worked with the Cancer Society during their free Pap Smear Clinic and the "Kick the Habit" program for smokers. Mrs. Mary Lou Koontz served as County Chairman for the Heart Fund Drive. Mrs. Rhoda Maddox and Mrs. Rachel Owings served on the Bicentennial Committee. All are EHC members. Two EHC members serve as representatives on the Shenandoah Area Agency on Aging: Sarah Shryock is representative for Frederick County, and Cora Schlim is representative for the City of Winchester. They are, also, members of the Executive Board of the Agency; and Sarah is Secretary of the Board of Directors. All serve as volunteers. Miss Ruby Shiley volunteers her time as coordinator of volunteers to help at Marigold House, an outlet for hand-crafts, and net proceeds go to benefit the Northwestern Workshop for Handicapped persons. Many EHC members volunteer for this project. Our members have helped judge at Fairs in several counties; served as Docents at Belle Grove, as hostess at Abram's Delight (both are Historical Homes); served as volunteers at Nursing Homes and Hospitals; helped the Cancer Society, Red Cross, Rescue Squad and other charitable institutions with their projects. Our Extension Homemakers practice the principles of our Creed and strive to foster the highest ideals of home, church,

school and public life, through study, service and sharing. Many EHC members observed the World Day of Prayer on March 5.

Our EH Clubs conducted a survey to determine interest in a Farm Market. The Farm Market was organized, and opened in July. It was so successful they decided to hold market days twice a week during the marketing season. Besides garden produce, canned foods, baked goods, craft items, flowers and foliage, etc., a new sideline was introduced by Mrs. Byron Van Stronder, EHC member, a diabetic, who made and sold dietetic baked goods, jams, jellies, pickles, relishes, catsup, etc.

Our EHC sponsored an 18th Century Costume Contest as a highlight of "Sunday in the Park," May 2nd, the closing event of the Shenandoah Apple Blossom Festival. There were 24 contestants. One of our members, Mrs. Dorothy Russell of the South Frederick Club, placed first in the contest with her home-made authentic costume. We had an exhibit of home-made quilts, also, with 33 quilts entered in the exhibit. There were 30 different designs. More than 3000 people viewed the exhibit.

A special project was our EHC Arts and Crafts Festival on the Mall, May 22, in downtown Winchester. Each one of our 18 Clubs had an exhibit and demonstrated a craft. It was the first show of its kind in Frederick County Extension History. Our Flag was displayed across the face of the Frederick County Office Building. The winners of our "Birthday Wishes" contest were given their awards at a ceremony on the Mall. The contest had been conducted in the Frederick County Schools with emphasis on the "Wishes" rather than greetings as we wanted the students to give deep thought to what they "wished" for their country's future. Forty-eight entries were received. The prize-winning entries were sent to President Gerald Ford on June 2nd so they would reach him before July 4th, our Nation's Birthday. The winners received cash prizes. More than 1500 attended the Festival; which was planned in observance of NEHC Week, but delayed due to conflict with the Apple Blossom Festival.

Our EHC members exhibited and demonstrated Arts and Crafts on the Mall again on July 5th as part of the Bicentennial Celebration, and had a stall at the Belle Grove Farm Craft Days, July 10-11, and demonstrated bargello and decoupage. Many of our Extension Homemakers participated in various activities of the Winchester-Frederick County Bicentennial events July 2-5.

Seventy of our Frederick County EHC members attended the District IX meeting May 12 at Leesburg. The theme "Yesteryear's Woman" was highlighted by a fashion show and by period dresses worn by club members. The fashion show was narrated by Mrs. John Davis. Models from Frederick County were: Mrs. Rachel Owings, Mrs. Catherine Hammack and Mrs. Zelda Brown.

Mrs. Naomi Thomas of Winchester, Pres. Dist. IX, conducted

the meeting. Mrs. Jean Beard, Pres. VEHC, spoke about goals and achievements of EHC members. Other State officers present were: Mrs. Barbara Hanson of Arlington, Cultural Arts Chr., and Mrs. Mary Gregory of Newport News, Citizenship Chr. Mrs. Paulette Eaton, Shenandoah County EHC Pres., explained the Pennies for Friendship and International Understanding project and received contributions from the six counties in District IX — Clarke, Frederick, Loudoun, Page, Shenandoah and Warren — totaling more than \$500. Mrs. Cora Schlim of Winchester, Dist. IX Old Dominion Echoes Subscription Chr., announced the winners of the ODE subscription contest and awarded 5 prizes, copies of the NEHC Treasure Trails in U.S.A. book, to Shenandoah County for the most subscriptions in the County and to two Clubs whose members subscribed 100% (the Fort Valley Senior Club and the Strasburg Junior Club), to the Farmwell Ashburn Club in Loudoun County and to the Albin Club in Frederick County for having the most subscriptions in a Club in a County.

Mrs. Frances Unger of Winchester, Dist. IX Past Pres., installed the following officers for the coming year: Pres. Mrs. S. Roger Koontz of Winchester; Vice-Pres. Mrs. John E. Davis of Front Royal; Secretary Mrs. Robert Uphoff of Mt. Jackson; and Treasurer Mrs. Joseph Cave of Luray.

The Bicentennial Tapestry, made by EHC members, was displayed at the meeting and Mrs. Mary Gregory gave a slide presentation and explained the significance of each of the 104 squares. Approximately 400 members and guests were in attendance at the meeting.

Eighteen Frederick County EHC members attended the Family Resources Conference and annual Business Meeting of VEHC July 20-22, at VPI & SU, in Blacksburg. The theme was "Shaping the Future For American Families." The workshops offered were: The Dilemma of Danger; Your Housing Environment; 1976-2076: Strengthening the Family Is Our Responsibility; Health: It's Priceless, Don't Lose It; Family Management 1976-86; The Human Energy Crisis — Food; Living the Rest of Your Life; Today's Stress — Tomorrow's Hope or Despair. Each person had a choice of 3 workshops to attend.

At the business session, Mrs. Naomi Thomas of Winchester was named State Safety Chairman. Frederick County was awarded a first place for their Citizenship program, a second place for their Health program, a second for their Family Life program, and a second for their Public Information. Betty Bauserman of Winchester, a Past State Health Chr., served on the Nominating Committee.

The Family Life program stressed the Retirement Years. Many EHC members worked at the workshops on "Successful Aging — Whose Business?" on March 19, and many other EHC members attended the workshops. Dr. Margaret Mead noted Anthropologist and author, conducted meetings at the Handley High School, Shen-

andoah College, and the Braddock Street Methodist Church. Other speakers were: Dr. Barbara Anne Chandler, Education Specialist in the Div. of Adult Education at HEW; and John A. Price, Jr., Director of the Office of Aging for the Office of Human Development in HEW. The message presented was that Elderly Power is too good to waste, and all generations need each other.

On April 8, an all-day Seminar on "Living in the Retirement Years" was held at the War Memorial Building in Winchester. Dr. Muriel Brown, Chairman of the Task Force on Aging, National Council of Family Relations, examined the "Myths and Realities of Aging;" Miss Ann Jones, Nutrition Consultant with the Richmond Health Dept., talked about Nutrition for Older People as it relates to their health; Jack Kenyon, Director of the programs for ACTION, Older American Volunteer Programs, discussed opportunities for Older Americans. Rev. Conrad Christianson, Pres. of Social Service Council, spoke on the services and organizations available in our area, to older persons. Mr. Philip Bettendorf of the Social Security Office, spoke on "Retirement and Social Security." Miss Ethel Grubbs, Family Resources Extension Specialist at VPI & SU, wrapped up the Seminar with her talk on "Planning to Live the Rest of Your Life." The Seminar was under the leadership of Mrs. Pauline Baccary, EH Agent. EHC members served a lunch at noon.

Bertha Hoagland, Family Life Chr., and Cora Schlim, Citizenship Chr., for Frederick County EHC, attended the Seminar on Aging March 10-11 at VPI & SU in Blacksburg. Cora Schlim attended the regional meeting of the National Council On Aging held at Raleigh, N.C. May 5-6, and the Conference on "Daycare for the Elderly" May 19-21 at Duke University in Durham, N.C. Reports were given on these meetings.

A taped recording of a talk "Freedom Is Everybody's Business," given by Mr. Harris T. Remley at the NEHC Conference in Orlando, Florida last year, was used in Frederick and Warren Counties. The talk, which presents "what is good about America," was played at EH Clubs, church groups, Sunday School groups, Scout groups and 4-H groups. Three copies of the recording were available free for public use: one from the Handley Public Library, one from the Extension Office and one from Mrs. Cora Schlim, County EH Citizenship Chairman.

Miss Ethel Grubbs, Extension Specialist in Family Resources at VPI & SU, presented a lesson on Leadership and Parliamentary Procedure, and Mrs. Ann Lastovica, Extension Specialist in Home Management at VPI & SU, presented a lesson on "How to Make Your Dollars Go Farther." Mrs. Charles Hammack of the Middletown Club was the instructor for 5 weekly sewing classes to teach new sewing techniques. All lessons were held at the War Memorial Building in Winchester. Classes for the following crafts were conducted throughout the year: braided rugs — Betty Bauserman;

crocheted rugs — Bertha Venskoske; latch-hooked rugs — Rosie Hott; beginners knitting — Flora Davis; advanced knitting — Evva Gumm; crocheting — Cora Schlim; creweling & embroidery — Bertha Hoagland; Monks cloth afghans — Rosie Hott; bargello — Lillie Vaughn; needlepoint — Mildred Shryock; tatting — Bertha Bowers and Mrs. George Jones; chair caning — Mable Brown; tole painting — Betty Salyan; lace making — Edna Coryell; 2 methods of Cathedral Window quilts — Rosie Hott; rope hangers for potted plants — Zelda Brown. Mr. Richard Miller, Librarian at Handley Public Library, conducted workshops in basketry and chair seat weaving using raffia, wood splints and reels. Mrs. Pauline Baccary, EH Agent, conducted workshops on drying flowers and foliage, recycling and repairing clothing, upholstering and refinishing furniture, and helped Mrs. Hammack with the sewing classes. Other crafts taught and learned were: corn husk dolls, flowers and wreaths; apple dolls; corn cob dolls; tote bags from upholstery webbing and from plastic bottles; applique quilts; weaving on dish cloths; pieced quilts; quilting; yarn pillow tops; and many miscellaneous crafts. Mrs. Byron Van Stronder conducted special classes on decoupage at the Welltown EH Club, Scout leaders training workshop, and other groups. Many of our EHC members have taught various crafts at many workshops and for different groups.

Our EHC members collected and compiled "Home Remedies and Culinary Specialties of Yore" and "Family Traditions" as a project to preserve another part of our Heritage. EHC members took bus tours and family tours to historical places.

The 1976 NEHC Conference was held August 15-20 at Morgantown, W. Va. Betty Bauserman, Martha Durst, Cora Schlim, Ruby Shiley, Zenith Sirbaugh and Naomi Thomas, all Frederick County EHC members, attended the whole conference; 23 other EHC members from Frederick County chartered a bus for one day to attend the workshops and the regional dinner. The Conference theme was "The Heritage Trail — Pathway to the Future." The keynote address was given by Mrs. Olive Farquharson, ACWW Pres., London, England, who talked about her "Travels for ACWW." Mrs. Farquharson was introduced by Mrs. Martin Muchow, NEHC Advisor. There were educational workshops on Citizenship, Cultural Arts, Family Life, Health, International, Public Information and Publications, and Safety. Learning sessions covered Membership Development, Programs With A Purpose, Dealing With Differences, Communication Skills, Energy Dilemma, Calico and Blue Jeans, Dollars and Sense, and Personal Effectiveness. Douglas Edwards, CBS News Correspondent, New York City, addressed the closing session of the Conference on "What's Right About America."

VEHC was awarded: First place for Bicentennial project, for Traffic Safety program and their Cultural Arts program; a first for Prince William County International program; a second for International (Cup of Coffee) program; and a third for Family Life pro-

gram. It was announced that the Old Dominion Echoes, our VEHC Newsletter, will be combined with National Notes, NEHC news magazine, and will be called "The Homemaker," starting in 1977.

Other highlights of the Conference were: the 200-voices of the West Virginia Mt. Heritage Chorus, the Arts and Crafts Fair, the tour of the Campus and other tours, the Ice Cream Social, and the Mt. Heritage Night. The attendance at the Conference was more than 2300 persons.

Achievement Day for Frederick County EHC members was held September 10 at the War Memorial Building. Connie Robinson, County EHC Pres., conducted the meeting. Welcome and devotions were given by Mr. S. Roger Koontz, Chairman of the Board of Supervisors. It was an inspiring devotions woven around a 1692 poem "When light shines, shadows disappear." Randy Orndorff, a winner in Frederick County's Share-the-Fun contest, sang "This Land Is My Land." Under the direction of Frances Unger, several skits were presented on "EHC Heritage — Past, Present, and Future." "The Good Old Days" by the Middletown EH Club recalled projects of past years. "A Radio Broadcast" by Stephens City EH Club was a "re-broadcast" of a program by two Homemakers on WINC on May 9, 1946. Valley Mill EH Club told about the Beauty Jamboree held in Winchester in 1955, which used HD members as models. The Albin EH Club gave an account of making tote bags for the 1969 NEHC Conference held in Blacksburg, Va. Naomi Thomas and Martha Durst reported on the NEHC and VEHC 1976 Meetings and their plans to attend the NEHC Conference in Missouri next year.

Reports were given on the following programs of work and projects: Arts and Crafts, Bazaar, Citizenship, Clothing, Cookbooks, Cultural Arts, Family Life, Health, Public Information, and Scholarships. The new Yearbook was dedicated to Miss E. Heath Stickley of Stephens City EH Club and Mrs. Delphia DeHaven of Gainesboro EH Club. They were honored for their many years of service to their club, church and community. Dorothy Russell presented her Treasurer's Report. Connie Robinson reported the Exhibition Schedule of Our Flag. Mary Lou Koontz installed the new officers: Carol Maben of Friendly Grove EH Club, Pres.-elect. and Pat Richardson of Albin EH Club, Vice Pres. Special guests at the meeting were: Mrs. Faith Lamphier, Clarke County Ext. Agent; Miss Agnes Shirley, retired Frederick County Ext. Agent; and Miss Margaret Flickinger, retired Home Economist, Potomac Edison.

As this History goes to the printer, October 12, 1976, some of our EHC members are planning to attend the Fall Conference October 19-21 at Virginia Beach. All of our EHC members are getting ready for one of their biggest projects, their annual Bazaar, to be held November 13 (1976) at the War Memorial Building in Winchester. Each Club participating will have their own tables, filled with many kinds of hand-made crafts and novelties. There will be

a Sweet Shop with all kinds of home-made breads, cakes, cookies, pies, jams, jellies, relishes, etc. One room will have the flowers, plants, and dried arrangements for sale. There will be a White Elephant table. An a la carte lunch of country ham sandwiches, hot dogs, home-made vegetable soup, baked beans, potato chips, pie, coffee, and tea will be served during the noon hours. Net proceeds from the Bazaar help finance our Scholarships and other County Council projects.

After the Bazaar, our EHC members prepare for their annual Cookie Fair, Christmas parties, and help with many charitable projects for the needy, shut-ins, elderly and handicapped persons; and start planning for the new year ahead.

Thus, we bring to a close more than 60 years of Extension Homemakers History of service, education and experiences. We are looking forward, ever onward, to many wonderful years ahead.

EPILOGUE

The stories and articles included in this History illustrate the various ways in which the Extension Service helped Extension Homemakers, directly or indirectly, meet and over-come the problems created by the events of the times.

The demonstrations and lessons each year were included to record how the changing times affected the demonstrations and lessons. Three great changes were the wars, changes in fabrics and the coming of electricity and modern inventions to rural areas and the cities. All of these had extensive effects on Homemakers and required new knowledge to cope with the challenges. The Extension Service was ever-ready with the latest technology to provide the necessary new knowledge and the techniques to use it.

Some of the activities were part of achieving their Federation goals such as Citizenship, Health, Safety, Community Service, Family Life, International, Arts and Crafts.

The All-Stars and the IFYE's were included because they were the youth who were sons and daughters of Extension Homemakers and later became Extension Homemakers or husbands of Extension Homemakers, or were guests in the homes of Extension Homemakers.

This is not a complete History due to the loss of records, loss of charter members, and the fading memories of the early members. We do not know which persons mentioned in this History are now deceased. There may be slight errors in dates, names, etc. due to inaccuracies in material that was summarized but we are sure of the contents and their substance, and hope the recording of these events in this History will preserve the priceless heritage of our Extension Homemakers for future generations. The past is but the prologue to the future.

Cora A. Schlim, Compiler

Frederick County Home Demonstration Clubs Yearbook Summaries

1947

County Officers

President: Mrs. E. E. Fawcett
Vive-President: Mrs. Melvin Seldon
Secretary: Mrs. Audrey Phillips
Treasurer: Mrs. Virginia Bauserman
Rural Youth Chr.: Mrs. Mary Whitacre

Club Presidents

Albin: Mrs. Evelyn Pent
Evandale: Mrs. Carroll Solenberger
Friendly Grove: Mrs. Leslie Lucas
Gore: Mrs. Stanley Biggert
Middle Road: Mrs. Ralph Bauserman
North Frederick: Mrs. Lester Dailey
Shawnee: Mrs. George Bywaters
Stephens City: Mrs. Charles Bass
Stonewall: Mrs. Clarence Butler
West Frederick: Mrs. E. E. Fawcett
Extension Agent: Miss Agnes Shirley

1948

County Officers

President: Mrs. E. E. Fawcett
Vice-President: Mrs. C. L. Butler
Secretary: Mrs. Clarence Robinson
Treasurer: Mrs. Ralph Bauserman
Health Chr.: Mrs. Carroll Solenberger

Club Presidents

Albin: Mrs. Evelyn Pent
Evandale: Mrs. Carroll Solenberger
Friendly Grove: Mrs. Walter Solomon
Gore: Mrs. Stanley Biggert
Middle Road: Mrs. Alfred Rinker
N. Frederick: Mrs. Paul Braithwaite
Shawnee: Mrs. George Bywaters
Stephens City: Mrs. Rachel Clevenger
Stonewall: Mrs. C. L. Butler
W. Frederick: Mrs. E. E. Fawcett
Extension Agent: Miss Agnes Shirley

1949

County Officers

President: Mrs. Mary Hannum
V. President: Mrs. C. L. Butler
Secretary: Mrs. Clarence Robinson
Treasurer: Mrs. Alma Crosen

Club Presidents

Albin: Mrs. Vernon Unger
Evandale: Mrs. Ina Hollar
Friendly Grove: Mrs. Dewey Hulver
Gore: Mrs. Stanley Biggert
Hayfield: Mrs. Walter Solomon
Middle Road: Mrs. Alfred Rinker
Middletown: Mrs. Curtis Andrews
Mt. Williams: Mrs. Russell Feeley
N. Frederick: Mrs. Paul Braithwaite
Shawnee: Mrs. George Bywaters
Stephens City: Mrs. Miller Barley
Stonewall: Mrs. Clarence Butler
W. Frederick: Mrs. E. E. Fawcett.
Extension Agent: Miss Agnes Shirley

1950

County Officers

President: Mrs. Murl G. Hannum
V. President: Mrs. Walter Solomon
Secretary: Mrs. Ray Hicks
Treasurer: Mrs. Alma Crosen
Citizenship: Mrs. Sloane Wolfe

Club Presidents

Albin: Mrs. Frances Unger
Evandale: Mrs. Ina Hollar
Friendly Grove: Mrs. Dewey Hulver
Gore: Mrs. Stanley Biggert
Hayfield: Mrs. Walter Solomon
Middle Road: Mrs. Carroll Smith
Middletown: Mrs. Curtis Andrews
Mt. Williams: Mrs. Russell Feeley
N. Frederick: Mrs. Julian Smith
Shawnee: Mrs. George Bywaters

Stephens City: Mrs. H. P. Lovett
Stonewall: Miss Virginia Mason
W. Frederick: Mrs. E. E. Fawcett
Extension Agent: Miss Agnes Shirley

1951

County Officers

President: Miss Virginia Mason
V. President: Mrs. Walter Solomon
Secretary: Mrs. Ray Hicks
Treasurer: Mrs. Douglas Kerns

Club Presidents

Albin: Mrs. Frances Unger
Evandale: Mrs. Jean Spaid
Friendly Grove: Mrs. Isaac Phillips
Gore: Mrs. Leslie Lucas
Hayfield: Mrs. Clyde Schuler
Middle Road: Mrs. Carroll Smith
Middletown: Mrs. William Aber
Mt. Williams: Mrs. Russell Feeley
N. Frederick: Mrs. Frank Whitacre
Shawnee: Mrs. George Bywaters
Stephens City: Mrs. Ray Hicks
Stonewall: Miss Virginia Mason
W. Frederick: Mrs. Lloyd Milhon
Extension Agent: Miss Agnes Shirley

1952

County Officers

President: Miss Virginia Mason
V. President: Mrs. Will Owings
Secretary: Mrs. Frank Whitacre
Treasurer: Mrs. Douglas Kerns
Citizenship Chr.: Mrs. Murl Hannum
Art in Daily Liv.: Mrs. John Cooper
Bloodmobile Chr.: Mrs. C. L. Butler

Club residents

Albin: Miss Julia Braithwaite
Evandale: Mrs. Florence Sumption
Friendly Grove: Mrs. H. I. Phillips
Gore: Mrs. Melvin Seldon
Hayfield: Mrs. Clyde Schuler
Middle Road: Mrs. John Swing
Middletown: Mrs. William Owings
Mt. Williams: Mrs. Russell Feeley
N. Frederick: Mrs. Frank Whitacre
Shawnee: Mrs. George Bywaters
Stephens City: Mrs. Sue Wisecarver
Stonewall: Mrs. Dorothy Anderson
W. Frederick: Mrs. Irene Boyce

Valley Mill: Mrs. Naomi Lamp
Extension Agent: Miss Agnes Shirley

1953

County Officers

President: Mrs. Mary Whitacre
V. President: Mrs. Wm. Owings
Secretary: Mrs. Frank Whitacre
Treasurer: Mrs. Ralph Marker
Polio Chr.: Mrs. Will Owings
Polio Co-Chr.: Mrs. Frank Whitacre
Publicity: Mrs. Melvin Seldon

Club Presidents

Albin: Mrs. Carl Whittaker
Evandale: Mrs. Georgia Thompson
Friendly Grove: Mrs. Laura Anderson
Gore: Mrs. James Lawyer
Hayfield: Mrs. Walter Solomon
Middle Road: Mrs. Dickie Sharp
Middletown: Mrs. Will Owings
Mt. Williams: Mrs. Russell Feeley
N. Frederick: Mrs. Frank Whitacre
Shawnee: Mrs. George Bywaters
Stephens City: Mrs. Sue Wisecarver
Stonewall: Mrs. Godfrey Zirkle
Valley Mill: Mrs. Helen Anderson
W. Frederick: Mrs. Irene Boyce
Extension Agent: Miss Agnes Shirley

1954

County Officers

President: Mrs. John Whitacre
V. President: Mrs. H. I. Phillips
Secretary: Mrs. A. B. Grove
Treasurer: Mrs. Ralph Marker
Fed. Goal Chr.: Mrs. Lewis Lamp
Bloodmobile Chr.: Mrs. C. L. Butler

Club Presidents

Albin: Mrs. Vernon Unger
Evandale: Mrs. Wm. Arnel
Friendly Grove: Mrs. John Cooper
Gainesboro: Mrs. Bertha Venskosc
Gore: Mrs. James Lawyer
Hayfield: Mrs. Fred Boxwell
Middle Road: Mrs. Ralph Bauserman
Middletown: Mrs. Ainsworth Sperry
Mt. Williams: Mrs. Daisy Hopkins
N. Frederick: Mrs. Paul Braithwaite
Shawnee: Mrs. George Bywaters
Stephens City: Mrs. Charles Bass

Stonewall: Mrs. C. L. Butler
Valley Mill: Mrs. Anne LeRue
W. Frederick: Mrs. Walter Bowman
Extension Agent: Miss Agnes Shirley

1955

County Officers

President: Mrs. Murl Hannum
V. President: Mrs. H. I. Phillips
Secretary: Mrs. A. B. Grove
Treasurer: Mrs. Naomi Lamp

Club Presidents

Albin: Mrs. Vernon Unger
E. Frederick: Mrs. Irvin Williams
Evandale: Mrs. Murl Hannum
Friendly Grove: Mrs. John Cooper
Gainesboro: Mrs. Flora Davis
Gore: Mrs. Walter Larrick
Middle Road: Mrs. Louise Orndorff
Middletown: Mrs. Ainsworth Sperry
Mt. Williams: Mrs. Bertha Bowers
N. Frederick: Mrs. Paul Braithwaite
Shawnee: Mrs. George Bywaters
Stephens City: Mrs. Carl Martin
Stonewall: Mrs. Dorothy Wilson
Valley Mill: Mrs. Anne LaRue
W. Frederick: Mrs. Edith Lantz
Extension Agent: Miss Agnes Shirley

1956

County Officers

President: Mrs. Murl Hannum
V. President: Mrs. Godfrey Prelip
Secretary: Mrs. Roy Wisecarver
Treasurer: Mrs. Lewis Lamp
Prog. Develop. Chr.: Mrs. Wm. Armel
Fed. Goal Chr.: Mrs. Bertha Vensköske

Club Presidents

Albin: Mrs. Carl Whittaker
E. Frederick: Mrs. Albert Lacy
Evandale: Mrs. Murl Hannum
Friendly Grove: Mrs. Garnet Heishman
Gainesboro: Mrs. Rodella Watach
Gore: Mrs. Godfrey Prelip
Middle Road: Mrs. Alfred Snapp
Middletown: Mrs. Ainsworth Sperry
Mt. Williams: Mrs. Delilah Bell
N. Frederick: Mrs. Helen Story
Shawnee: Mrs. Granville Snapp
Stephens City: Mrs. Carl Martin

Stonewall: Mrs. Wilford Wilson
Valley Mill: Mrs. Maurice Eckman
W. Frederick: Mrs. Edith Lantz
Extension Agent: Miss Agnes Shirley

1957

County Officers

President: Mrs. Landon Whitacre
V. President: Mrs. Godfrey Prelip
Secretary: Mrs. Roy Wisecarver
Treasurer: Mrs. Clarence Robinson
Fed. Goal Chr.: Mrs. Elmer Vensköske
Publicity: Mrs. D. L. Bowers

Club Presidents

Albin: Mrs. Carl Whittaker
E. Frederick: Mrs. Rita Canfield
Evandale: Mrs. Robert Spaid
Friendly Grove: Mrs. Harry Heishman
Gainesboro: Mrs. Irene Dellinger
Gore: Mrs. John Bell
Kernstown: Mrs. Clyde Logan
Middle Road: Mrs. Alfred Snapp
Middletown: Mrs. Malcolm Brumback
Mt. Williams: Mrs. Delilah Bell
N. Frederick: Mrs. Landon Whitacre
Round Hill: Mrs. Maurice Perry
Shawnee: Mrs. Granville Snapp
Stephens City: Mrs. Harry Gaunt
Stonewall: Mrs. Wilford Wilson
Valley Mill: Mrs. Maurice Eckman
W. Frederick: Mrs. Earl Lantz
Extension Agent: Miss Agnes Shirley

1958

County Officers

President: Mrs. Landon Whitacre
V. President: Mrs. Malcolm Brumback
Secretary: Mrs. Maurice Perry
Treasurer: Mrs. Clarence Robinson
Fed. Goal Chr.: Mrs. Charles Bass
Prog. Develop. Chr.: Mrs. John Bell
Publicity: Mrs. D. L. Bowers

Club Presidents

Albin: Mrs. Carl Whittaker
E. Frederick: Mrs. Leon Hensley
Evandale: Mrs. R. O. Daugherty
Friendly Grove: Mrs. Laura Richards
Gainesboro: Mrs. Orrah Adams
Gore: Mrs. John Bell
Kernstown: Mrs. Clyde Logan

Middle Road: Mrs. Gail Robinson
Middletown: Mrs. Malcolm Brumback
Mt. Williams: Mrs. Delilah Bell
N. Frederick: Mrs. Landon Whitacre
Round Hill: Mrs. Betty McDonald
Shawnee: Mrs. Granville Snapp
Stephens City: Mrs. Harry Gaunt
Stonewall: Mrs. D. K. Russell
Valley Mill: Mrs. Rosie Hott
W. Frederick: Mrs. Earl Lantz
Extension Agent: Miss Agnes Shirley

1959

County Officers

President: Mrs. John Bell
V. President: Mrs. Malcolm Brumback
Secretary: Mrs. Maurice Perry
Treasurer: Mrs. W. M. Bayliss
Fed. Goal Chr.: Mrs. Charles Bass

Club Presidents

Albin: Mrs. Carl Whittaker
E. Frederick: Mrs. Leon Hensley
Evandale: Mrs. Hattie Borrer
Friendly Grove: Mrs. Laura Richards
Gainesboro: Mrs. Alma DeHaven
Gore: Mrs. Douglas Kerns
Middle Road: Mrs. Robert Boyd
Middletown: Mrs. Howard Owings
Mt. Williams: Mrs. Delilah Bell
N. Frederick: Mrs. Vallie Bowers
Round Hill: Mrs. Kenneth McDonald
Shawnee: Mrs. Marion Bayliss
Stephens City: Mrs. Harry Gaunt
Stonewall: Mrs. Lucy Eschelman
Valley Mill: Mrs. Rosie Hott
W. Frederick: Mrs. Earl Lantz
Extension Agent: Miss Agnes Shirley

1960

County Officers

President: Mrs. John Bell
V. President: Mrs. Hattie Borrer
Secretary: Mrs. Vernon Unger
Treasurer: Mrs. Marion Bayliss
Fed. Goal Chr.: Mrs. Charles Bass
Pro. Develop. Chr.: Mrs. Rosie Hott
Publicity: Mrs. Delilah Bell

Club Presidents

Albin: Mrs. Vernon Unger
E. Frederick: Mrs. Emma Boyce

Evandale: Mrs. R. O. Daugherty
Friendly Grove: Mrs. Dewey Hulver
Gainesboro: Mrs. Harold Rowe
Gore: Mrs. Douglas Kerns
Middle Road: Mrs. Alfred Snapp
Middletown: Mrs. Howard Owings
N. Frederick: Mrs. Vallie Bowers
Round Hill: Mrs. Evva Gumm
Shawnee: Mrs. Ada Ruble
Stephens City: Mrs. Ogden Helwick
Stonewall: Mrs. Robert Russell
Valley Mill: Mrs. Gertrude Daniels
W. Frederick: Mrs. M. Rosenberger
Extension Agent: Miss Agnes Shirley

1961

County Officers

President: Mrs. Joseph Hott
V. President: Mrs. Glenn Borrer
Secretary: Mrs. Vernon Unger
Treasurer: Mrs. Malcolm Brumback
Civil Defense: Mrs. Lloyd Helwick

Club Presidents

Albin: Mrs. Vernon Unger
E. Frederick: Mrs. Ethel Ritenour
Friendly Grove: Mrs. Dewey Hulver
Gainesboro: Mrs. Harold Rowe
Gore: Mrs. Douglas Kerns
Middle Road: Mrs. Allen Rogers
Middletown: Mrs. Roger Koontz
N. Frederick: Mrs. Vermont Crosen
Round Hill: Mrs. Evva Gumm
Shawnee: Mrs. Ada Ruble
S. Frederick: Mrs. Mary Hannum
Stephens City: Mrs. Lloyd Helwick
Stonewall: Mrs. Paul Mellott
Valley Mill: Mrs. Gertrude Daniels
W. Frederick: Mrs. M. Rosenberger
Extension Agent: Miss Agnes Shirley

1962

County Officers

President: Mrs. Joseph Hott
V. President: Mrs. Paul Mellott
Secretary: Mrs. Elmer Vensköske
Treasurer: Mrs. Malcolm Brumback
Civil Defense: Mrs. Roger Koontz
Publicity: Mrs. John Bell

Club Presidents

Albin: Mrs. Vernon Unger

E. Frederick: Mrs. Leon Hensley
 Friendly Grove: Mrs. Harry Heishman
 Gainesboro: Mrs. Irene Dellinger
 Gore: Mrs. Preston Henshaw
 Middle Road: Mrs. Allen Rogers
 Middletown: Mrs. Roger Koontz
 N. Frederick: Mrs. Alma Crosen
 Round Hill: Mrs. Russell Feeley
 Shawnee: Mrs. Ada Ruble
 S. Frederick: Mrs. Wm. Lockhart
 Stephens City: Mrs. Emmett Scothorn
 Stonewall: Mrs. Paul Mellott
 Valley Mill: Mrs. Joseph Lee
 W. Frederick: Mrs. M. Rosenberger
 Extension Agent: Miss Agnes Shirley

1963

County Officers

President: Mrs. Joseph Hott
 V. President: Mrs. Paul Mellott
 Secretary: Mrs. Elmer Venskoske
 Treasurer: Mrs. Earl Lantz
 Family Life: Mrs. H. I. Phillips
 Publicity: Mrs. John Bell

Club Presidents

Albin: Mrs. Nancy Miller
 E. Frederick: Mrs. Leon Hensley
 Friendly Grove: Mrs. Harry Heishman
 Gainesboro: Mrs. Elmer Venskoske
 Gore: Mrs. Charles Parrish
 Middle Road: Mrs. Allen Rogers
 Middletown: Mrs. Roger Koontz
 N. Frederick: Mrs. Alma Crosen
 Round Hill: Mrs. Kenneth McDonald
 Shawnee: Mrs. Hilda Smoke
 S. Frederick: Mrs. Maude Ford
 Stephens City: Mrs. Emmett Scothorn
 Stonewall: Mrs. Paul Mellott
 Valley Mill: Mrs. Joseph Lee
 W. Frederick: Mrs. Betty Bauserman
 Extension Agent: Miss Agnes Shirley

1964

County Officers

President: Mrs. Joseph Hott
 V. President: Mrs. H. McDonald
 Secretary: Mrs. Granville Snapp
 Treasurer: Mrs. Earl Lantz
 Family Life: Mrs. H. I. Phillips
 Publicity: Mrs. John Bell

Club Presidents

Albin: Mrs. Carl Whittaker
 E. Frederick: Mrs. Stanley Woys
 Friendly Grove: Mrs. H. I. Phillips
 Gainesboro: Mrs. Flora Davis
 Gore: Mrs. Charles Parrish
 Middle Road: Mrs. James Richards
 Middletown: Mrs. Winston Huffman
 N. Frederick: Mrs. Reva Brill
 Round Hill: Mrs. Russell Feeley
 Shawnee: Mrs. Hilda Smoke
 S. Frederick: Mrs. Maude Ford
 Stephens City: Mrs. Jack Kemp
 Stonewall: Mrs. Godfrey Zirkle
 Valley Mill: Mrs. Laura Anderson
 W. Frederick: Mrs. Betty Bauserman
 Extension Agent: Miss Agnes Shirley

1965

County Officers

President: Mrs. Reid Lunsford
 V. President: Mrs. H. McDonald
 Secretary: Mrs. Granville Snapp
 Treasurer: Mrs. Catherine Butler

Club Presidents

Albin: Mrs. Carroll Unger
 Friendly Grove: Mrs. Dewey Hulver
 Gainesboro: Mrs. Irene Dellinger
 Gore: Mrs. Pansy Anderson
 Middle Road: Mrs. Irene Boyd
 Middletown: Mrs. Charles Hammack
 N. Frederick: Mrs. Reva Brill
 Round Hill: Mrs. Alfred Williams
 Shawnee: Mrs. Granville Snapp
 S. Frederick: Mrs. R. O. Daugherty
 Stephens City: Mrs. James Bowman
 Stonewall: Mrs. Godfrey Zirkle
 Valley Mill: Mrs. Laura Anderson
 W. Frederick: Mrs. Davis Bauserman
 Extension Agent: Miss Agnes Shirley

1966

County Officers

President: Mrs. Reid Lunsford
 V. President: Mrs. H. I. Phillips
 Secretary: Mrs. Curtis Story
 Treasurer: Mrs. Catherine Butler

Club Presidents

Albin: Mrs. Carl Whittaker
 Friendly Grove: Mrs. Vallie Hulver

Gainesboro: Mrs. L. Williamson
Gore: Mrs. Pansy Anderson
Middle Road: Mrs. Charles Richard
Middletown: Mrs. Charles Hammack
N. Frederick: Mrs. Reva Brill
Round Hill: Mrs. Alfred Williams
Shawnee: Mrs. Granville Snapp
S. Frederick: Mrs. Gay Smith
Stephens City: Mrs. Irene O'Neal
Stonewall: Mrs. Byron Van Stronder
Valley Mill: Mrs. Clay Manuel
W. Frederick: Mrs. Davis Bauserman
Extension Agent: Miss Agnes Shirley

1967

County Officers

President: Mrs. Davis Bauserman
V. President: Mrs. H. I. Phillips
Secretary: Mrs. Curtis Story
Treasurer: Mrs. Catherine Butler
Fed. P. o. W.: Mrs. Elmer Venskoske

Club Presidents

Albin: Mrs. Carl Whittaker
Friendly Grove: Mrs. Ethel Talhelm
Gainesboro: Mrs. Leonard Williamson
Gore: Mrs. Anna Whitacre
Middle Road: Mrs. Charles Richard
Middletown: Mrs. Charles Hammack
N. Frederick: Mrs. Reva Brill
Round Hill: Mrs. Clarence Cather
Shawnee: Mrs. Granville Snapp
S. Frederick: Mrs. Gay Smith
Stephens City: Mrs. Robert O'Neal
Stonewall: Mrs. Byron Van Stronder
Valley Mill: Mrs. Clay Manuel
W. Frederick: Mrs. Russell Feeley
Extension Agent: Miss Agnes Shirley

1968

County Officers

President: Mrs. Davis Bauserman
V. President: Mrs. Robert O'Neal
Secretary: Mrs. Ralph Boyce
Treasurer: Mrs. Catherine Butler

Club Presidents

Albin: Mrs. Zenith Sirbaugh
Friendly Grove: Mrs. Ethel Talhelm
Gainesboro: Mrs. Delphia DeHaven
Gore: Mrs. Anna Whitacre
Middle Road: Mrs. Roy McDonald

Middletown: Mrs. V. A. Shaw
N. Frederick: Mrs. Esther Whitacre
Round Hill: Mrs. Clarence Cather
Shawnee: Mrs. Granville Snapp
S. Frederick: Mrs. R. O. Daugherty
Stephens City: Mrs. Robert O'Neal
Stonewall: Mrs. Byron Van Stronder
Valley Mill: Mrs. Ralph Boyce
W. Frederick: Mrs. Russell Feeley
Extension Agent: Miss Agnes Shirley

1969

County Officers

President: Mrs. Davis Bauserman
V. President: Mrs. Robert O'Neal
Secretary: Mrs. Ralph Boyce
Treasurer: Mrs. Catherine Butler

Club Presidents

Albin: Mrs. Zenith Sirbaugh
Friendly Grove: Mrs. Wm. Triplett
Gainesboro: Mrs. Linda Ramey
Gore: Mrs. Anna Whitacre
Middle Road: Mrs. Roy McDonald
Middletown: Mrs. V. A. Shaw
N. Frederick: Mrs. Esther Whitacre
Shawnee: Mrs. Granville Snapp
S. Frederick: Mrs. Mary Hannum
Stephens City: Mrs. Robert O'Neal
Stonewall: Mrs. Dorothy Wilson
Valley Mill: Mrs. Louise Brown
W. Frederick: Mrs. Russell Feeley
Extension Agent: Miss Agnes Shirley

1970

County Officers

President: Mrs. Davis Bauserman
V. President: Mrs. M. E. Switzer
Secretary: Mrs. Gay Smith
Treasurer: Catherine Butler
Fed. P.o.W.: Mrs. Russell Feeley
Safety: Mrs. Marilyn Stelzl
Prog. Dev.: Mrs. Esther Whitacre

Club Presidents

Albin: Mrs. Vernon Unger
Friendly Grove: Mrs. Ruth Fogle
Gainesboro: Mrs. Irene Brown
James Wood: Mrs. Eileen Johnson
Middle Road: Mrs. Roy McDonald
Middletown: Mrs. Martha Bayliss
N. Frederick: Mrs. Esther Whitacre

Shawnee: Mrs. Herbert Smoke
S. Frederick: Mrs. Mary Hannum
Stephens City: Mrs. Robert O'Neal
Stonewall: Mrs. Reid Lunsford
Valley Mill: Mrs. Eleanor Brill
W. Frederick: Mrs. Russell Feeley
Ext. Agent: Mrs. Pauline Baccary

1971

County Officers

President: Mrs. Davis Bauserman
V. President: Mrs. M. E. Switzer
Secretary: Mrs. Gay Smith
Treasurer: Mrs. Catherine Butler
Pres.-elect Mrs. Roger Koontz
Fed. P.o.W.: Mrs. Landon Whitacre
Cookbooks: Mrs. Roy McDonald
Safety: Mrs. Raymond Stelzl
Publicity: Mrs. Gerry Van Stronder

Club Presidents

Albin: Mrs. Frances Unger
Friendly Grove: Mrs. Mary LaFollette
Gainesboro: Mrs. Katharine Kelly
James Wood: Mrs. Raymond Rice
Jr. Homemakers: Mrs. Sandra Kremer
Middle Road: Mrs. Janice Kingree
Middletown: Mrs. Martha Bayliss
N. Frederick: Mrs. Esther Whitacre
Shawnee: Mrs. Patricia Brannon
S. Frederick: Mrs. Vera Beutow
Stephens City: Mrs. Amos Kettlewell
Stonewall: Mrs. Phyllis Dyer
Valley Mill: Mrs. Eleanor Brill
W. Frederick: Mrs. Jean Hopkins
Ext. Agent: Mrs. Pauline Baccary

1972

County Officers

President: Mrs. Roger Koontz
V. President: Mrs. Mary Switzer
Secretary: Mrs. Claude Fauver
Treasurer: Mrs. Catherine Butler
Fed. P.o.W.: Mrs. Landon Whitacre
Arts & Crafts: Mrs. Rosie Hott
Cookbooks: Mrs. Roy McDonald
Safety: Mrs. Raymond Stelzl
Membership: Mrs. Charles Hammack
Publicity: Mrs. Gerry Van Stronder

Club Presidents

Albin: Mrs. Carl Whittaker

Friendly Grove: Mrs. Pearl Ridgeway
Gainesboro: Mrs. Katharine Kelly
Middle Road: Mrs. Janice Kingree
Middletown: Mrs. Anna Geddes
N. Frederick: Mrs. Esther Whitacre
Shawnee: Mrs. E. Lynn Norman
S. Frederick: Mrs. Maude Ford
Stephens City: Mrs. Amos Kettlewell
Stonewall: Mrs. Phyllis Dyer
Valley Mill: Miss Ruby Shiley
Special Interest Groups: Vera Buetow
W. Frederick: Mrs. Jean Hopkins
Ext. Agent: Mrs. Pauline Baccary

1973

County Officers

President: Mrs. Roger Koontz
V. President: Mrs. Wm. Robinson
Secretary: Mrs. Raymond Fish
Treasurer: Mrs. C. L. Butler
Arts & Crafts: Mrs. Joseph Hott
Clothing: Mrs. Mary Switzer
Cookbooks: Mrs. Roy McDonald
Health: Mrs. Daniel Craybill
Membership: Mrs. Charles Hammack
Prog. of Work: Mrs. Landon Whitacre
Publicity: Mrs. Byron Van Stronder
Safety: Mrs. Raymond Stelzl

Club Presidents

Albin: Mrs. Carl Whittaker
Friendly Grove: Mrs. Margaret McLe
Gainesboro: Mrs. Irene Brown
Middle Road: Mrs. Janice Kingree
Middletown: Mrs. Anna Geddes
N. Frederick: Mrs. Landon Whitacre
Shawnee: Mrs. Patricia Brannon
S. Frederick: Mrs. Maude Ford
Stephens City: Mrs. Amos Kettlewell
Stonewall: Mrs. J. R. Russell
Valley Mill: Miss Ruby Shiley
W. Frederick: Mrs. Roland Brown
Ext. Agent: Mrs. Pauline Baccary

1974

County Officers

President: Mrs. J. Y. Bragg
V. President: Mrs. Wm. Robinson
Secretary: Mrs. Raymond Fish
Treasurer: Mrs. C. L. Butler
Arts & Crafts: Mrs. Joseph Hott

Adults, Older: Mrs. Owen Hoagland
 Citizenship: Mrs. Elmer Vensköske
 Clothing: Mrs. Charles Hammack
 Cookbooks: Mrs. Roy McDonald
 Cultural Arts: Mrs. Will Owings
 4-H Develop.: Mrs. Davis Bauserman
 Health: Mrs. Reid Lunsford
 Mrs. James Shumar
 Membership: Mrs. Amos Kettlewell
 Photographer: Mrs. Fred Unger
 Prog. of Work: Mrs. Landon Whitacre
 Publicity: Miss Ruby Shiley
 Safety: Mrs. Frank W. Fogle, Jr.

Club Presidents

Albin: Mrs. Carl Whittaker
 Brucetown: Mrs. S. A. Williams
 Friendly Grove: Mrs. Guy Strosnider
 Gainesboro: Mrs. Wayne Kelley
 Middle Road: Mrs. E. F. Dienst
 Middletown: Mrs. Will Ownings
 N. Frederick: Mrs. Landon Whitacre
 Shawnee: Mrs. L. L. Fahnstock
 S. Frederick: Mrs. C. J. Ford
 Stephens City: Mrs. Wm. Robinson
 Stonewall: Mrs. J. R. Russell
 Valley Mill: Mrs. J. Y. Bragg
 W. Frederick: Mrs. Roland Brown
 Ext. Agent: Mrs. Pauline Baccary

1975

County Officers

President: Mrs. J. Y. Bragg
 Pres.-elect: Mrs. Wm. Robinson
 V. President: Mrs. W. G. Zirkle
 Secretary: Mrs. Robert O'Neal
 Treasurer: Mrs. Phillip Russell
 Arts & Crafts: Mrs. Joseph Hott
 Citizenship: Mrs. Elmer Vensköske
 Clothing: Mrs. Charles Hammack
 Cookbooks: Mrs. Roy McDonald
 Cultural Arts: Mrs. Will Owings
 Family Life: Mrs. Owen Hoagland
 Mrs. Cora Schlim
 4-H Develop.: Mrs. Davis Bauserman
 Health: Mrs. Reid Lunsford
 Internat'l.: Mrs. Amos Kettlewell
 Photographer: Mrs. Fred Unger
 Prog. of Work: Mrs. W. G. Zirkle
 Public Info.: Miss Ruby Shiley
 Safety: Mrs. James Shumar

Club Presidents

Albin: Mrs. Cora Schlim
 Brucetown: Mrs. Joe Jolliffe
 Friendly Grove: Mrs. Guy Strosnider
 Gainesboro: Mrs. Wayne Kelley
 Gore: Mrs. Helene McDaniel
 Middle Road: Mrs. E. F. Dienst
 Middletown: Mrs. Will Owings
 N. Frederick: Mrs. Charles Brill
 Shawnee: Mrs. L. L. Fahnstock
 S. Frederick: Mrs. C. J. Ford
 Star Tannery: Mrs. Emra Orndorff
 Stephens City: Mrs. Wm. Robinson
 Stonewall: Mrs. Reid Lunsford
 Valley Mill: Mrs. J. Y. Bragg
 Welltown: Mrs. H. L. Godlove
 W. Frederick: Mrs. R. A. Williams
 Ext. Agent: Mrs. Pauline Baccary

1976

County Officers

President: Mrs. Wm. Robinson
 V. President: Mrs. Patricia Brannon
 Secretary: Mrs. Robert O'Neal
 Treasurer: Mrs. Phillip Russell
 Arts & Crafts: Mrs. J. Y. Bragg
 Citizenship: Mrs. Cora Schlim
 Clothing: Mrs. Charles Hammack
 Cookbooks: Mrs. Roy McDonald
 Cultural Arts: Mrs. Will Owings
 Family Life: Mrs. Owen Hoagland
 4-H Develop.: Mrs. Davis Bauserman
 Health: Mrs. Reid Lunsford
 History: Mrs. Vernon Unger
 Internat'l.: Mrs. A. G. Kettlewell
 Photographer: Mrs. F. M. Bayliss
 Prog. of Work: Mrs. Patricia Brannon
 Public Info.: Miss Ruby Shiley
 Safety: Mrs. James Shumar

Club Presidents

Albin: Mrs. Gerry Van Stronder
 Brucetown: Mrs. Mary Jolliffe
 Friendly Grove: Mrs. Guy Strosnider
 Gainesboro: Mrs. Wayne Kelley
 Gore: Mrs. Helene McDaniel
 Greenwood: Mrs. Melvin Crouse
 Middle Road: Mrs. Charles Boyd
 Middletown: Mrs. James Wahler
 N. Frederick: Mrs. Charles Brill
 N. Mountain: Mrs. Helen Feeley

Shawnee: Mrs. L. L. Fahnestock
S. Frederick: Mrs. Phillip Russell
Star Tannery: Mrs. Emra Orndorff
Stephens City: Mrs. Thomas Mills
Stonewall: Mrs. Reid Lunsford

Valley Mill: Mrs. Mark Durst
Welltown: Mrs. Charlotte Moulden
W. Frederick: Mrs. Charles Snapp
Ext. Agent: Mrs. Pauline Baccary

From 1947 to 1963, Standard Club Goals were set up and certain requirements had to be met to become a Standard Club. Some of the goals and requirements were changed from year to year but the main objectives were to have every club member participate in some club activity, every Club conduct some meetings without the presence of the Extension Agent so she could attend to other work, and all clubs participate in the Extension and Federation programs.

After 1963, goals and objectives were set up but the "Standard Club" project was dropped. The Yearbooks changed from year to year, in format and in items included or omitted. These changes were too numerous to include in this History.

The Clubs followed the State Council's programs of work in areas of local concern, set up their own educational programs, and helped local projects.

Yearbook Dedications

Year	Name	Club
1953	Mrs. Harry Parke Lovett	Stephens City
1954	Mrs. Walter E. Adams	Stonewall
1955	Mrs. Julian Larrick	N. Frederick & Albin
1956	Mrs. Miller Barley	Stephens City
1957	Mrs. Walter Larrick	Gore
1958	Mrs. Lee N. Whitacre	North Frederick
1959	Mrs. Ed Grant	Stonewall
1960	Mrs. Charles Bass	Stephens City
1961	Mrs. John D. Whitacre	North Frederick
1962	Mrs. Clarence Butler	Stonewall
1963	Mrs. Mary Hannum	South Frederick
1964	Mrs. Joseph Hott	Valley Mill
1965	Mrs. Esther Whitacre	North Frederick
1966	Mrs. R. O. Daugherty	Evandale & S. Frederick
1967	Mrs. Robert Snapp	Shawnee
	Mrs. John Perry	West Frederick
1968	Mrs. Virginia Bauserman	Middle Road
	Mrs. Lyda Grove	South Frederick
1969	Mrs. Charles Hammack	Middletown
	Mrs. Clay Manuel	Valley Mill
1970	Mrs. Davis Bauserman	West Frederick
	Mrs. Vernon Unger	Albin
1971	Mrs. Mabel Brown	Valley Mill
	Mrs. Miller Rosenberger	West Frederick
	Mrs. Carl Whittaker	Albin
1972	Mrs. Bertha Venskoske	Gainesboro
	Mrs. Robert O'Neal	Stephens City
1973	Mrs. Estelle Dick	Stonewall
1974	Mrs. S. Roger Koontz	Middletown
1975	Mrs. Reid Lunsford	Stonewall
1976	Mrs. Will Owings	Middletown
1977	Mrs. Delphia DeHaven	Gainesboro
	Miss E. Heath Stickley	Stephens City

Frederick County 4-H All Stars

1933	Margaret Larrick	1958	Ronald Brown
1934	Esther Cooper Moore		Patricia Wolfe
1936	Orville B. Willey, Jr.	1959	Ernest Washington Adams III
	Bobs Larrick		Harriet G. Smith (Goode)
1937	Mary Judy	1960	Susan Diane Bierer
	Raymond Carpenter		Donna Marika Whitacre
1938	Alma Orndorff	1961	Roy Edward McDonald
	Nelson Carpenter		Fred Wayne Grim
1939	Hilda Whitacre		Karen Ann Russell
	Clarence E. Cather		Mary Barbara Woore
1940	Denver Heishman	1962	Barbara Jean Boyles Richard
	Linda Dailey Keller		Charlotte Ann Leight Moulden
1941	Mary Market Conner	1963	Karen R. Belford
	Robert Dailey		Robert Nelson Carpenter
1942	Harry Heishman	1964	Helen Kirby P. Orndorff
1943	Hugh Dailey		Georgia Norman Carbaugh
	Rebecca Lodge	1965	Sharron Armel Shickle
1944	Elizabeth Grim		Woodrow Steve Crites
	Maurice Carpenter		Elwanda Marie Ginn Luttrell
1946	Garland Cather	1966	Dixie Lane Branner
1947	Helen Grim	1967	Connie Dell LeDane
	Jack Lillis		Joanne Killough
1948	Mary Thelma Triplett	1968	Charles Joseph Lizer
	Harold Phillips		Jerry Ann Brill
	Wendell Phillips	1969	Deborah Marie Brumback
1949	Wayne Miller		Dennis K. Carpenter
	Naomi Racey		Lila Cartmel Triplett
1950	John Hoover	1970	Lee Whitacre Lizer
	Wilda Jean Adams		Ruth Marie Adams Moore
1951	Dennis Cole	1971	James Bruce Swing
	Roxanne Rogers		Barbara Jean Fogle
1952	Nancy Cather Barbour		Mary Ann Frye
	Lynn Wolfe	1972	Lillian Ruth Bennett
1953	Sidney Rogers		James Robert Lizer
	Ruth Snapp		Barbara Dian Reed Kiracote
1954	George Cather	1973	James Brumback Douglas
	Lucille Carpenter		Bonnie Lee Douglas
1955	Rhoda Whitacre Maddox	1974	Phena Gail Gano
	Ronald Miller		Cheryl Ann Pugh
1956	William Ramey	1975	Martha K. Weakley
	Ann Wolfe		Donna Carpenter
1957	Elizabeth B. Hammock		Teresa Lazzazera
	Kenneth McDonald		Vicky Gano

Frederick County I.F.Y.E.

IFYE'S to Frederick County from other countries:

- 1954 Seppo Kanervisto, Finland with: Mr. and Mrs. John Whitacre, Mr. and Mrs. E. W. Adams, Jr., Mr. and Mrs. L. P. Cole
- 1955 Kamal Atya, Egypt with Mr. and Mrs. Henry Brumback
- 1956 Olga Roth, Uruguay with Mr. and Mrs. Harold Phillips, Mr. and Mrs. Grant Wilkins
- 1957 Ingeborg Lervany, Norway with: Mr. and Mrs. D. L. Bowers, Mr. and Mrs. Sloane Wolfe
- 1964 Carole Ann Brookes, England with: Mr. and Mrs. Loring Woore, Mr. and Mrs. Henry Brumback
- 1965 Sabino E. Valencia, Peru with: Mr. and Mrs. Loring Woore

IFYE'S from Frederick County to other countries:

- 1954 Wilda Jean Adams Miller to Finland
- 1964 Barbara Woore Devers to Peru

Also, Bernard Geli, 23, of Puechourey Cuq, Toulza, France studied farm methods on the Stewart Bell and Fred Brumback farms. Geli stayed at the home of Aubrey Shiley. Edmond Fougeirol, 23, of St. Laurent du Pape, Ardiche, France, stayed at the Fred Brumback home. Adriaan DeKam, 33, from the Netherlands came later and stayed at the Stewart Bell home for ten weeks. Patrick Moran, 27 from Ireland came later and stayed at the Fred Brumback home. All of them came to learn more about agriculture in Frederick County. Mr. I. Fred Stine was County Extension Agent.

Albin Club

The Albin HD Club was organized in June 1945 at the Burnt Presbyterian Church by Mrs. Madeline Blair Myers, Home Agent, with charter members: Mrs. Montana Crosen, Pres.; Mrs. Joe Pent, V. Pres.; Miss Julia Braithwaite, Secy.; Mrs. Carrie Clayton, Mrs. Goldie Orndorff, Mrs. Marie Hudson, Mrs. Cary Whittaker, Mrs. Carlton Hawkins, and Mrs. John Snyder. Many new members have joined since then and our Club has grown. The Albin Club has always helped at the local Fairs, and helped when the Four-State Field Day was held on the Murl Hannum farm and 3000 people were fed by HD women. Our Club has contributed to the Religious Education Program in Public Schools, to the Rescue Squad, War

Memorial Building, and to various Fund Drives. Clothing, gowns, scuffies, lap robes and "kindness kits" (toilet articles) have been given to Western State Mental Hospital in Staunton, Va. each year. Boxes of cookies, fruit and other goodies are given to needy, shut-ins, elderly and handicapped persons during the year and at Christmas time.

We made 5 tote bags for the NEHC Conference in Blacksburg. We have sold chances on 3 afghans and Fabri-drape figures to raise money for the Scholarship Fund and to send our Club delegates to State Meetings. Our Club has had representation at most of the HD leaders training programs, and at many State and District meetings. Gerry Van Stronder and Frances Unger attended NEHC Meeting in Blacksburg, and Zenith Sirbaugh attended the NEHC Meeting in Morgantown, W. Va. Members have taken educational tours to Washington, D.C.; Thieves Market; Mormon Temple; and several Craft Fairs. Several members have demonstrated crafts at many workshops. They have had exhibits and demonstrated crafts at Belle Grove Farm Craft Days, Crafts on the Mall, and other special events. They have helped at Bazaars, Achievement Days, cancer detection programs, road beautification program, county restroom project, recycling of aluminum, bottles and paper, and many civic projects. They helped serve lunch to more than 200 4-H leaders from several counties who came to Winchester for a training program. They planted nut trees during that project. They have annual family picnics and Christmas parties for members and their children, and guests.

Frances Unger and Katie Patton were participants in the Beauty Jamboree in 1955. Mrs. Evelyn Pent, one of the charter members, was nominated as "Woman of the Year" from Albin Club in 1952. Frances Unger has served as Dist. IX Secretary 1967-68; on Dist. By-Laws Com. 1970; Dist Pres. 1971-72; State Finance Com. 1972-73; Dist. Public Relations Chr. 1973-74; on State Nominating Com. 1974; and on Dist. IX Nominating Com. 1976. Gerry Van Stronder served as Dist. IX Publicity Chr. 1972-73. The EHC Yearbook was dedicated to: Mrs. Julian Larrick 1955, Mrs. Vernon Unger 1970, and Mrs. Carl Whittaker 1971.

Brucetown Club

The Brucetown EH Club was organized in 1973 with Norma Williams as President. Norma also recruited the membership of 12: Mary Jolliffe, V. Pres.; Hattie Robinson, Secy.; Lillian Brooks, Rachel Dorsey, Pansy Estep, Veronica Harter, Goldie Helmick, Ruby Hildebrand, Closia King, Ollie Shreck and Beulah Welsh. The Club met in the homes during 1973, in the Brucetown Methodist Church in 1974, and in the home of Ollie Shreck beginning in 1975. Programs have included Heritage Crafts such as Monks Cloth afghans, eggshell pins, a series of chair caning programs, upholstery and furniture refinishing.

East Frederick Club

The East Frederick HD Club was originally organized as the Hi-View or Hi-Point HD Club, in 1954, with Mrs. Irvin Williams as President. Charter members were: Mrs. Albert Lacy, Beatrice Easter, Emma Boyce, Mrs. Myron Ritenour, Mrs. John Hammock, Mrs. Ross Lillard, Mrs. Marvin White, Mrs. Opal Woys, Mrs. Jean Whaley, Mrs. Rita Canfield and Mrs. Leon Hensley. Activities included upholstering, slip covers, seated stools, candle making. Special interest was tailoring school. The Club participated in the regular programs. In 1955, the name was changed to East Frederick. Several new members were added, but all decided to disband in 1964.

Evandale HD Club

The Evandale HD Club was organized in 1946, one of the first clubs organized by Miss Agnes Shirley, Home Agent, who came to Frederick County August 1, 1946. The first President was Mrs. Carroll Solenberger. Other charter members were: Mrs. John Hollar, Mrs. Jean Spaid, Mrs. Florence Sumption, Mrs. Georgia Thompson, Mrs. Mabel Armel, Mrs. B. F. Solenberger, Mrs. R. L. Petrie, Nora Newcome, Dora Funk, Mrs. Hattie Borrer, Mrs. Carson Spillman, Mrs. R. O. Daughterty, Mildred Rickard, Reva Rickard, Mrs. Lyda Grove, Mrs. C. J. Ford, Mrs. Murl Hannum. The Club was active in all programs but decided to disband in 1960. Most of the members then joined the South Frederick HD Club.

Friendly Grove HD Club

The Friendly Grove HD Club was organized in 1918. The charter members were: Mrs. Gertrude Cooper, Mrs. Hazel Glynn, Mrs. Laura Lemley Mary Richard, Martha Richard, Mrs. Cora Sale, and Mrs. Reuben Long. One of their first projects was to organize a 4-H Club and serve as 4-H leaders. Later, they organized and developed annual picnics at Vallie Hulver's home. They cooperated with the church in providing meals for hunters. They served the Ruritan Suppers every 3 months. They participated in the mattress making project and the Nut Trees planting project. In April 1951 they presented a one-act comedy to raise money to purchase an electric stove for the Community Hall. In 1963 they made a quilt and sold chances at a soup and sandwiches supper and raised \$175 for community projects. They conducted canning demonstrations for 4-H every year for several years. Some of their activities are: canning, freezing, chair seating, upholstery, quilting, slip covers, aluminum trays, beading, stenciling, hat making, home care of the sick, nutrition, and last year they conducted a work-

shop on using corn husks for making dolls, wreaths, etc. They are a very active Club now with 18 members.

Gainesboro HD Club

The Gainesboro HD Club held its first meeting May 25, 1920. Officers were: Pres. Mrs. Walter Adams; V. Pres. Mrs. Leota Moore; Secy.-Treas. Miss Winifred Rogers. The Club planned to take the course of study prescribed by the State Home Economics Specialist and supervised by the County HD Agent, Miss Mabel Haynes. This course included detailed study of health and sanitation, food for children and food for the family, gardens, poultry, kitchens, milk, canning and food preservation. At the next meeting on May 29, at the schoolhouse, the demonstration was on bread and bread making, by Miss Martha Dinwiddie, District HD Agent.

In 1946, the Gainesboro refinished and re-upholstered furniture in the church and 5 pieces of furniture in the parsonage. For a number of years the members held suppers to raise money for furnishings at the Gainesboro school. One project was for chairs in the auditorium.

We do not know the names of the charter members, when the Club became inactive or what happened in between, but a new Club was organized in June 1953 when 25 ladies met at the Gainesboro Church. Officers selected were: Pres. Bertha Vensköske; V. Pres. Mrs. Jack Williamson; Secy. Mrs. Mary Virginia DeHaven; Treas. Mrs. Irene Dellinger; Reporter Mrs. Delphia DeHaven; and Program Development Leader Mrs. Evelyn Eaton. Other members of the Club were: Georgia Adams, Orrah Adams, Lucille Bokey, Flora Davis, Alma DeHaven, Retta DeHaven, Armilda Fisher, Bertie Hawkins, Odessa Kelley, Lela Light, Eunice Owens, Vermeda Owens, Viola Palmer, Mary Ramey, Emogene Rogers, Mrs. Mellon Rogers, Winnie Rogers, Rodella Watach, Katherine Wingfield. Plans were made to meet the second Tuesday of each month. The first project was to organize a 4-H Club, in August, which is now known as the Green Clover 4-H Club. Money for the HD Club was earned by selling dish cloths, pot cleaners, greeting cards, and magazine subscriptions. Monthly offerings and Birthday offerings were given, and Socials and bake sales were held. Meetings were held in the Church or in the homes but since 1961 meetings have been held in the Gainesboro Fire Hall. Twenty-three years later, 9 of the charter members are still members — Bertha Vensköske, Mrs. Jack Williamson, Mary DeHaven, Delphia DeHaven, Vermeda Owens, Winnie Rogers, Flora Davis, Lela Light and Irene Dellinger Brown. Winnie Whitacre Rogers recalled the days of the Tomato Clubs under the supervision of Miss Mabel Haynes, Extension Agent; the stepping off of the plots, the rectangular tin canner with a fire box on the bottom and a compartment for water above; using nitric acid and solder to seal the cans.

The Club organized and sponsored a First Aid Course with Red Cross workers as instructors, in 1954; four members took part in the 1955 Beauty Jamboree held at the Round Hill Community Center; members planted chestnut seeds and gave some of the seedlings to 4-H Club members. They made 4 quilts and sold chances on them. Since 1961 the Club has prepared and served meals to the Gainesboro Ruritan Club, to earn money.

Club members have taken trips to Washington, D.C.; Smithsonian Museum; Panorama (a new concept in movies); 2 wax museums; Monticello; Harper's Ferry; Hershey, Pa.; Gettysburg, Pa.; and have visited all of the historical places in Winchester and Frederick County.

Bertha Venskoske served as County HDC Secretary 1962-63 and Dist. IX Secy. 1969-70. She received the Yearbook Dedication honor for 1972, and won first place in the State Citizenship Program when she was Frederick County Citizenship Chairman in 1975. Ruth Orth and Bertha wrote essays on "Pathways to A Better America" as part of the Citizenship program Essay Contest. Mrs. Delphia DeHaven received the Yearbook Dedication honor for 1977. Club members have attended County, District, State, Family Resources, and National meetings; have helped at James Wood, Girl Scout and 4-H activities; helped with instruction in several crafts and other county projects.

Gore HD Club

The Gore HD Club was organized in 1930 by Miss Elizabeth Farrar. Mrs. Walter Larrick was its first President. Other members were: Mrs. D. F. Kern, Mrs. Charles McIlwee, Mrs. Delvin Parish, Mrs. William Wolford, Mrs. Luther Johnson, and Mrs. Russell Hook. The Club participated in the county programs until 1970. Enthusiasm would wane and then be revived when a new Home Agent would come to Frederick County. The members were very active in the mattress-making, tailoring and lamp shades programs. The 1957 EHC Yearbook was dedicated to Mrs. Walter Larrick.

The Gore EH Club was organized in 1974, with 20 members who had been recruited by Mrs. Anna Whitacre, a member of the first Gore Club. Mrs. Helene McDaniel was elected President and Beverly Grady as Vice-President. Other members were: Joyce Carpenter, Celia Gray, Grace Gray, Cheryl Hitaffer, Joy LaFollette, Frances Lineberg, Ruth Lineberg, Norma McDaniel, Lee Ann Metz, Gail Nail, Christine Perry, Carolyn Pugh, Lena Pugh, Helen Shanholtz, Nina Jean Smeltzer, Patti Smith, Anna Whitacre and Lela Whitacre. The Club has followed the county programs, conducted a beginners sewing class, and learned many needlecrafts such as knitting, crocheting, needlepoint, Monks cloth afghans, etc. In 1963 they assisted with the PTA and Fire Company projects. They help with several charitable projects.

Greenwood EH Club

The Greenwood EH Club was organized in 1974 at a meeting in the Greenwood Fire Hall. Mrs. Melvin Crouse, who recruited the 16 members, served as President until she took a nighttime job in 1975. Mrs. Connie Heironimus, Vice Pres., consented to become President. Mrs. Lucy Oldt served as Secy. and Sandy Campbell was Treasurer. Other members were: Sharon Adams, Diona Braithwaite, Mary Kay Fahnestock, Diann Hockman, Norma Hockman, Pam Hockman, Kay Hoy, Goldie Kerns, Rosemary Lambert, Virginia Oldt, Peggy Partlow, and Ann Welch. Five young homemakers with small children joined the group and the meeting place was moved to the War Memorial Building. In September 1976 three more members joined and the decision was made to drop the "Greenwood" name for the "Night Owls" and continue meeting on a regular schedule as an unorganized Special Interest group. One of the members will serve as Chairman for each program. Contact person will be the Extension Agent. Their projects have included knitting, crocheting, needlepoint, bargello, decoupage, and eggshell pins in addition to educational programs, such as furniture care.

Hayfield HD Club

The Hayfield HD Club was organized in 1940 with Mrs. W. Boyd Ramey, Pres., and other members: Mrs. Clyde Shuler, Mrs. Walter Solomon, Mrs. M. M. Adams, Mrs. Fred Boxwell, Mrs. Marguerite Moore, Mrs. Sloane Wolfe, Mrs. Marjorie Miller, and Mrs. Mary Braithwaite. There was no available records about activities of the Club until 1949 when Mrs. Walter Solomon was elected President. Mrs. Scott White, Mrs. Minnie Harbaugh and Mary Lee Winans were added as members. The Club met in homes of members and carried out the regular program of work. They became inactive in 1954.

James Wood HD Club

The James Wood HD Club was organized at the home of Mrs. Byron Van Stronder May 15, 1969 with 13 ladies present. Officers elected were: Pres. Mrs. Eileen Johnson; V. Pres. Mrs. Virginia Rice; Secy. Mrs. Charlotte Loring; Treas. Mrs. Jean Martin; Reporter Mrs. Alice Hutton. The following leaders were appointed: Home & Community Beautification, Mrs. Blanche Bordwine; Safety, Mrs. Bonnie Schwartz; Nutrition, Mrs. Mildred Glaze and Mrs. Byron Van Stronder. Other charter members were: Mrs. Ruth Barker, Mrs. Betty Hauck, Mrs. Loretta Michael and Mrs. Margaret Clowser. Miss Agnes Shirley, Extension HD Agent, was present to assist in the organization.

Demonstrations and/or lessons given during their Club years included: furniture and furniture finishes, You and Your Credit Rating, alteration of new-sizing patterns, clothing labels, codes and housing, paper flowers, decoupage, weight control, parliamentary procedure, pile and smooth carpets, Christmas trees from Reader's Digests and from nylon net, rush bottom stools.

Devotions were presented at each meeting. Contributions were made to the War Memorial Building and to Pennies for Friendship, a "Retirement" money gift was given to Miss Agnes Shirley. A special luncheon was planned for Miss Shirley but she was unable to attend as she had to attend an Agent's meeting. The Club 1970 Christmas party was held at the Wayside Inn.

A workshop for making rush-bottom stools was held in the War Memorial Building Feb. 25, 1971. Ten members of the Stephens City Club were guests. Gerry Van Stronder showed the flat-top method. Betty Bauserman, Agnes Rosenberger and Marian Stelzl brought the stools and showed the diamond-shaped or mitered-corner method. Ten stools were completed. A second workshop was held on March 10 and 5 more stools were completed.

Gerry Van Stronder served as Dist. IX Vice Pres. 1969-70, as County Publicity Chr. 1969-71, and a member of the Dist. IX By-Laws Com. 1970.

As many of the members had moved away, the remaining members decided to merge with the Albin HD Club in November 1971.

Junior Homemakers HD Club

The Junior Homemakers HD Club, a group of all young homemakers, was organized in 1970 with Sandy Kremer as President, Bobbie DeHaven as Vice-President, and Bonnie Unger as Secretary. Other charter members were: Ann Hiatt, Shirley Strosnider, Betty Phelps, Mary Williams, Linda Haines, Jerry Strowbridge, and Joyce Lamp.

Special projects they had included: Baby Shower, knitting, Fall Fashion Program, Plastics in Everyday Life, and Upholstering. The Club disbanded in 1972 when some of their members got jobs, one went to Beauty School, and other members could not solve the baby-sitting problem.

Kernstown Club

The Kernstown Club was organized in 1957 with Mrs. Clyde Logan as President. Other charter members were: Mrs. Sarah

Donald, Mrs. Loring Ritter, Mrs. Janet Branner, Mrs. James McDonald, Mrs. Dorothy Pinner, Mrs. Briscoe Snapp. They were active in 1957 and 1958, and then disbanded.

Middle Road Homemakers

The Middle Road Homemakers Club was formed the Spring of 1938. They decided to meet the first Tuesday of each month in the home of a member. Mrs. Alfred Snapp Sr., who was serving as a project leader for the county, decided to form a club in her area. The following are charter members: Mrs. Alfred Snapp Sr., Pres.; Mrs. Emerson Rodgers, Vice-Pres.; Mrs. Virginia Bauserman, Secy.; Mrs. E. J. Hicks, Treas.; Mrs. Virginia Lowe, Mrs. Edna Snapp, Mrs. Gertie Tevault, Mrs. Mable Richard, Mrs. Louise Orndorff and Mrs. Martha Bauserman.

The first meetings were led by Miss Madeline Blair, continued with Miss Elizabeth Sprouse, Mrs. Madeline Blair Myers, Miss Agnes Shirley, and Mrs. Pauline Baccary, Extension Agents. Over the years members have made gowns for the Western State Hospital; tote bags for the Virginia NEHC Meeting; gave donations to the Winchester Rescue Squad. Projects included Foods, Rug Making, Gardening, Chair Seating, Tailoring, Using Feed Bags, Candlewicking, Bedspread Making, Freezing, American Cheese Making, Scissors Sharpening, Picture Framing and many others. There was always an annual picnic for the families of the members.

Mrs. Alfred Snapp attended the county meetings and represented the county in Blacksburg for 5 consecutive years. Mrs. Virginia Bauserman and Mrs. Virginia Lowe have been active members since 1938, attending regularly. The 1968 Yearbook was dedicated to Mrs. Virginia Bauserman.

In 1944, during the war, Mrs. Virginia Bauserman and Mrs. Alfred Snapp Sr. were on the Board for the canning project in Stephens City. An area farmer donated a truckload of peaches. The ladies met at the Stephens City school and canned the peaches for the school children's lunches. Later, they canned tomatoes and helped other area homemakers can their vegetables.

In the late 1950s the Club purchased a United Nations Flag kit and hand embroidered the appliqued design. The Flag was presented to Mr. James Gordon, Principal of James Wood High School, where it remains. In 1966 the Club made an afghan to raise money for a tour of Hershey Gardens. Mrs. Eunice McDonald made a Bicentennial afghan last year and donated it to the Club to raise money for the Club.

Middletown Homemakers

The Middletown Homemakers have been active in Extension work since its beginning in Frederick County. One of our members, Mrs. Cora Owings, has been active in the work for 50 years, and Mrs. Herbert Jones has been an active member for 43 years.

The oldest official record is a handmade yearbook for the year of 1939, owned by Mrs. Harry Gruver. The officers at that time were: Mrs. J. F. Judy, Pres.; Mrs. D. N. Gruver, Vice-Pres.; Mrs. C. C. Bowen, Secy.; Mrs. J. H. Fisher, Treas. Club leaders were: Mrs. Herbert Jones, Mrs. D. N. Gruver, Mrs. Charles E. Wright and Mrs. J. H. Fisher. Mrs. Robert Harris was serving as District President and Mrs. J. M. Peck as State President. Miss Elizabeth Farrar was Extension Agent. Most of their meetings were held in the Home Economics Dept. of the Middletown High School. One of their projects was the making of Longhorn cheese. This was done in the home of Mrs. Orville Willey. Mrs. Herbert Jones and Mrs. Howard Owings, members of the 1939 Club, are present members of the Middletown EH Club.

When Frederick County was without an Extension Agent, some of the Middletown Homemakers joined the Bowmans Club in Warren County.

The present Club was organized by Miss Agnes Shirley in 1949 in the home of Mrs. Howard Owings. Charter members were: Mrs. Curtis Andrews, Pres.; Mrs. William Aber, Vice-Pres.; Mrs. Ainsworth Sperry, Secy.; Mrs. Herbert Jones, Treas.; Mrs. Charles Burnette, Mrs. Herbert Brumback, Mrs. Charles Hammack, Mrs. Will Owings, Mrs. Ben Rogers, Mrs. Howard Owings, and Mrs. Roby Altizer. Obtaining a Cafeteria for the Middletown school was one of our first goals. When the Cafeteria became a reality the Club met there for a number of years.

The Middletown Club has been active in 4-H work having furnished leaders for the clubs and given much help in the organization and setting up of the first 4-H Frederick County Fairs held in the Armory. The Middletown 4-H Club, which our Club sponsored, won many honors including All Stars awards, sweepstakes awards, State Leadership Award and a trip to National 4-H Congress.

Our Club has furnished leadership for the County in Beginner's Sewing classes, Tailoring, and Upholstering workshops. One of the Club's big projects was upholstering 5 pieces of pulpit furniture for the Grace United Methodist Church. Two of our members assisted Mrs. Pauline Baccary in an Upholstering workshop where 12 pieces of furniture were upholstered.

At present, 3 of our members are serving as County leaders. Mrs. Roger Koontz has served as County President and is now serving as Dist. IX President. Three of our members have been recipi-

ents of the Yearbook Dedication: Mrs. Charles Hammack, 1969; Mrs. Roger Koontz, 1974; and Mrs. Will Owings, 1976. We have 32 members, and they are active in all areas of Extension Homemakers work. We glance backward with fond memories and pride in our accomplishments but look forward to many more fruitful years of aiding friends and neighbors become better Homemakers.

by Mrs. Will Owings

Mountain Falls HD Club

In 1948, a Mountain Falls group of ladies met several times with Mrs. Vallie Hulver, and then decided to merge with the Friendly Grove HD Club.

Mount Williams HD Club

News items showed it was active 1932-36 when they met in the Mt. Williams School until the school was sold and made into a home in 1936. The charter members included Dorothy Sager, Beulah Williams, Missy Williams, Mary Ashwood, Fanny Williams, Dorothy Ambrose, Bess Orndorff, and Iva Flegle. Later members feel it was organized in the late 1920s. Later members were: Delilah Bell, Glenna Ashwood, Helen Feeley, Thelma Ashwood, Nettie Fauver, Hilda Lacy, Gretchen Rosenberger, Goldie Shuler, Virginia Shuler, Maxine Williams, Mary Jane Snapp, Mrs. W. B. Solomon, Mrs. Bertha Bowers, and Mrs. Daisy Hopkins. They held their meetings in the homes of the members except large meetings which were held at the Mt. Williams Community Hall. Some of their activities were: spatter painting, candlewick spreads, tailoring, upholstering and refinishing furniture, chair caning, stools, and painted-glass pictures. One member remembered serving Mexican hamburgers at a stand when the Fair was held in the Armory. When they disbanded in 1959, they gave their club money to the Winchester Rescue Squad.

North Frederick Extension Homemakers

The North Frederick Extension Homemakers Club was organized at the time of the Tomato Clubs in Frederick County. Miss Mabel Haynes, now Mrs. Allen Bond, Sr. conducted canning demonstrations in the homes of the members, and advised them in gardening and other interests.

Charter members of the Club were: Mrs. Lee N. Whitacre, Mrs. E. W. Braithwaite, Mrs. George S. Whitacre, Mrs. W. C. Whitacre, Mrs. Julian Larrick, Mrs. Walter E. Adams, Mrs. O. H. Braith-

waite, Mrs. Paul Braithwaite, Mrs. Sam Braithwaite, Mrs. Fred A. Whitacre, Mrs. J. Lester Dailey and Miss Kathryn Whitacre, who later became Mrs. Foster Lineweaver. Miss Whitacre, daughter of Mr. & Mrs. Lee N. Whitacre, was a young girl at the time and had a garden of Tomato plants. Mrs. Clinton Emmart and Mrs. F. Mellon Adams attended many of the early meetings.

This Northern section of Frederick County is strictly an Agricultural and fruit area. The communities are small and are scattered. This has made it difficult for the club, for the members would have to travel several miles to attend the meetings and weather and road conditions, through the years, played a large part in the life of the club. As much as possible, the club took part in the Extension programs of work each year. Several members have attended Short Courses at V.P.I. and District and National meetings. We have sponsored 4H work each year and one of our members serves nearly every year as a leader with the 4H work.

In 1932 when the Farmers' Market was organized we had four members, Mrs. J. Lester Dailey, Mrs. Lee N. Whitacre, Mrs. Julian Larrick and Mrs. Walter E. Adams, who helped with the organization of the market and who sold their produce there each week during the years it was open. When County projects were undertaken our members participated — such as mattress making in 1940 at Shenandoah Valley Academy, now the site of Drug Fair; County Rest Room refurbishing; sewing machine clinic; Fund Drives in our communities; Govt. Bond drives during World War II and knitting for the service men. Our members helped with benefit suppers and yard parties to buy equipment for the Gainesboro School Cafeteria. One year when hard rains quickly raised creeks and covered bridges and the school buses were not able to get children to their homes one evening, several of our members opened their home to these children and cared for them until they could be safely taken to their own homes. All of our members were active Church members and are leaders in their Communities. One of our members, Mrs. Douglas Dolan, (Alverna) is a Registered Nurse, and no words can express what her life of service and love has meant to our communities.

Three members of our club, Mrs. Fred A. Whitacre, Mrs. John W. Whitacre and Mrs. Landon B. Whitacre have served as County Chairman. Mrs. John W. Whitacre (Mary) served as State Youth Chairman, representing Extension Homemakers.

Members participated in various workshops. Several members made coats and suits at Tailoring workshops.

In 1954 Wilda Jean Adams, now Mrs. Wayne Miller, from our area 4H club, was an Exchange Student to Finland. She was sponsored by our club. Also in 1954 an Exchange student from Finland was a guest in the home of Mr. & Mrs. John W. Whitacre. In 1955 an Exchange student from Egypt was a guest in the home of Mr. & Mrs. Landon B. Whitacre.

Refinishing furniture has long been a hobby of Mrs. Landon B. Whitacre, and she has won both First and Second prizes at the State Fair in Richmond on Refinished Furniture.

Now in 1976 our Club is most fortunate for we have several new members who have moved into one of our Communities. We have also been given the use of a house to use for our club meetings which is on the property of a most generous member, Mrs. Purcell Braithwaite. We have named our club house "Tiokata" which means "Warm Building."

Members of the North Frederick EH Club who have been honored by Yearbook dedications are: Mrs. Julian Larrick 1955, Mrs. Lee N. Whitacre 1958, Mrs. John D. Whitacre 1961, Mrs. Esther Whitacre 1965.

North Mountain EH Club

The North Mountain EH Club was organized November 19, 1975. Officers elected were: Pres. Helen Feeley; V. Pres. Joan Quarles; Second V. Pres. Barbara Brooks; Secy. Ruth Chanda; Treas. Ethel Richter. Other charter members were: Ruth Allamong, Glenna Ashwood, Betty Blanchard, Carey Belle Cockrun, Dorothy Couperthwaite, Sandra English, Kitty Hawkins, Betty Hedin, Betty Hilson, Esther Livingston, Elizabeth Moore, Katherine Mull, Florence McPherson, Gloria Racey, Dorothy Rodgers. Gretchen Rosenberger, Virginia Shaver, Evelyn Taylor, Marsha Traylor, Virginia Updike, Margaret Zehfuss. Meetings are held every first Wednesday of the Month. The members made a quilt and sold chances on it to raise money for the North Mountain Fire Department. They have had lessons on yarn poodles, stencilled trays, decorated jewel boxes, and have made Christmas decorations and gifts.

Round Hill Club

The Round Hill Club was newly organized July 12, 1956 with Mrs. Maurice Perry, Pres.; Mrs. Kenneth McDonald, Vice Pres.; Mrs. Henry Bursey, Secy.; Mrs. Viva Cather, Treas.; Mrs. D. L. Bowers, Program Planning Chr. Other charter members were: Mrs. Arlie Gumm, Mrs. Alfred Williams, Mrs. Newton Cather, and Mrs. Walter Clowser. Mrs. D. L. Bowers was Publicity Chairman for the County HD Council 1957-58.

Members remember making lamp shades, caning 6 chairs, stenciling trays and on materials, etching glass, roping chairs and knitting. They became interested in knitting more than anything else. They disbanded in 1968, and some members joined other clubs.

Shawnee Club

The Shawnee HD Club was organized in 1930 by Miss Elizabeth Farrar. Mrs. Edwin Marker was elected President; Mrs. Robert Snapp, Vice Pres.; Mrs. Isabel Bywaters, Secy.; Mrs. Vernie Bywaters, Mrs. Maynard Bayliss, Mrs. Jesse Carpenter, Mrs. John Marker, Mrs. Robert Hockman, and Miss Mildred Hawkins were the other charter members. Miss Mildred Hawkins had been a member of a tomato club and had won a prize for her tomatoes. The Club had an annual fruit and flower show and prizes were awarded for canned goods. Mrs. Isabel Bywaters won the Kerr contest and Mrs. Maynard Bayliss and Mrs. Isabel Bywaters won the Ball contest in 1937. Prizes were awarded for vanity set, spread, pillow slips, old quilts, centerpieces, homemade dresses, modern quilt. The Grand prize went to Ruth Bywaters and Maude Bywaters. The members carried out the county program and have been active since their first organization. Serving oyster suppers was one way they raised money for their club. Mrs. Robert Snapp was honored in 1967 by the Yearbook dedication for "her serenity, empathy and understanding."

South Frederick Club

The South Frederick HD Club was organized September 22, 1960 at the home of Mrs. Mary Hannum. Officers elected were: Pres. Mrs. Robert O. Daugherty; Vice Pres. Mrs. Mary Hannum; Secy. Mrs. A. B. Grove; Treas. Mrs. Jesse Cave. Other charter members were: Mrs. Lewis M. Barley, Mrs. Harano Childs, Mrs. Ora L. Foltz, Mrs. Clarence J. Ford, Mrs. Isabella Haines, Mrs. Naomi Holder, Mrs. Miller Jenkins, Mrs. William Lockhart, Mrs. Louise Rearden, Mrs. Ernest F. Smith, Mrs. Lucia Shade, and Mrs. E. H. White. Three members have been honored by having the annual Yearbook dedicated to them: 1963 Mrs. Mary Hannum; 1966 Mrs. Robert O. Daugherty; and 1968 Mrs. A. B. Grove. Mrs. Mary Hannum served as County Council Chairman 1949-50 and 1955-56. Mrs. A. B. Grove served as County Council Secretary 1954-55; Mrs. Gay Smith served as County Council Secretary 1970-71; Mrs. Dorothy Russell served as County Council Treasurer 1975-76. Mrs. Russell placed first with her Colonial dress, in the Sunday in the Park 18th Century Colonial Dress contest May 2, 1976. The contest was held in connection with the Apple Blossom Festival. Mrs. Mary Hannum won first place with her Landscape Model at the 1964 Frederick County Fair. Mrs. Helen Spillman, who belonged to a Cannery Club that met in the old Bell Building on Main Street in Winchester, in 1915 won second place on her vegetable basket and third place on her vegetable garden.

Mrs. Robert Daugherty made corsages for 12 years for special meetings, achievement days, and district meetings when they were

held in Frederick County. She served on the committee to help fix-up the Frederick County Courthouse ladies restroom in 1966.

When Mrs. Mary Hannum was County Council Chairman in 1949, she and her husband were host and hostess for a Four-State Field Day held on their farm in Welltown, Va. They served lunch to approximately 3000 people. The HD Club members in the County helped her serve them.

No records were kept of the many members who attended District Meets. State meetings have been attended by Mrs. Lyda Grove, Mrs. Mary Hannum, Mrs. Naomi Holder, and Mrs. Isabella Haines Yeakley. Mrs. Hannum attended the National HDC Conference in Biloxi, Miss. in 1950. Eight members attended the Waterford Arts and Crafts Days at Waterford, Va. October 1, 1966.

Members who have judged at County Fairs were: Mrs. A. B. Grove; Mrs. R. O. Daugherty, Mrs. Mary Hannum and Mrs. Gay Smith.

A play entitled "It's A Waste of Time" was written by Mrs. Martha Hockman and presented on Achievement Day October 12, 1966. Members who presented the play were: Mrs. Mary Hannum, Stage Mgr.; Mrs. Gay Smith as Mrs. Smith; Mrs. Flossie Foltz as Mr. Smith; Mrs. Dorothy Russell as George; Mrs. Frances Riggleman as Barbara; and Mrs. Helen Fahnestock as Madge. The play was about "taking time for nutritional meals."

Mrs. Bertha Bowers was hostess for two weeks to an IFYE student, Miss Ingeborg Lervany from Fylkehuset, Drammen, Norway, July 15-31, 1957.

Contributions have been made to the War Memorial Building, Frederick County Religious Education in Public Schools, the Rescue Squad, Pennies for Friendship and Nickels for National. Four tote bags were made for the 1969 NEHC Conference at VPI in Blacksburg, Va. Members have made lap robes for nursing homes, rolled cancer bandages, and helped with drives for charitable organizations. Three quilts were made to raise money for the Club. Many crafts have been enjoyed, especially 3-D pictures, tote bags, planter boxes, beads, lamp shades, and Flemish flowers.

by Dorothy Russell, Pres. 1976

Star Tannery Club

Although listed with the EH Clubs in the EH Yearbook, the Star Tannery Club is an unorganized group with a contact person. Their meetings have been irregular, mainly following the Ladies Fire Company Auxiliary meeting when the educational EH program for the month was given to them. Programs given have been on Food Preservation, Nutrition, Reading Labels, Consumer Con-

cerns. Individual assistance has been given on homemaking problems such as upholstering, furniture repair, choosing equipment, etc. Mrs. Pauline Baccary, Ext. Agent, has been working with 8 to 15 persons at meetings of this group.

Stephens City EHC Club

The Stephens City HD Club was organized in 1932 with Mrs. J. S. Jackson as Pres.; Mrs. Van Meter as Vice-Pres.; and Mrs. Hugh S. Funk as Secy.-Treas. Other members were: Mrs. Miller Barley, Mrs. Cloe Carbaugh, Mrs. Joseph Clevenger, Mrs. S. B. Grove, Mrs. Wilbur Guard, Mrs. H. P. Lovett, Mrs. I. N. Scothorn, Mrs. Guy Trussell, and Mrs. Snapp Williams. The Club meets on the 3rd Wednesday of each month in the Trinity Lutheran Church Hall. Prior to 1970 meetings were held in the homes of the members. They have 27 active members on their 1976 roll call.

Mrs. Hugh A. Funk and Mrs. H. P. Lovett were very influential in getting Extension Service started in Frederick County, beginning with tomato clubs and canning clubs under supervision of Miss Teresa Murphy and then Miss Mabel Haynes, now Mrs. Allen Bond.

Mrs. Charles Bass moved into the area in 1939, and brought her first hand experience in working with young girls. She gave many types of demonstrations to teach the practical way to do household tasks particularly in the preparation of foods and bread-making. Previously, Mrs. Bass had been actively involved in the Homemakers organization — she served as Recording Secretary for the State Board 1932-35; six years as State Chairman for the Art in Daily Living Committee. By 1950 she had served 3 years as District IX Chairman. One of her noteworthy projects was preparing the Virginia History of Extension Homemakers. Later, with Mrs. H. P. Lovett and Mrs. Lena Artz, a Botanist from Shenandoah County, she prepared an educational project of pictures and slides of the many wild flowers and botanical plants along the banks of Cedar Creek in Frederick County. She was honored by the Virginia Federation of HD Clubs when their 1961-62 Year Book marking the Silver Anniversary was "affectionately dedicated" to her. Mrs. Bass, with Mrs. C. B. See, Mrs. James See, Mrs. Gervis Lemley, Mrs. Emmett Scothorn, Mrs. Julian Gregory, Miss Heath Stickley, Mrs. Ernest Flowers and Mrs. Sue Wisecarver worked on the Cancer Surgical Dressings project from 1949 until there was no further demand for this volunteer service to the American Cancer Society involving home care in 1970. Mrs. Sue Wisecarver established the "Loan Closet" in 1960 for the necessary storage of the hand-prepared dressings. In 1962 they started a Memorial Cancer Fund to donate \$5.00 in lieu of flowers in the event of death from cancer of any member. A Certificate of Appreciation for Notable Service in the Crusade to Conquer Cancer was presented to the

Club in 1969 by the American Cancer Society. The Club had received a Citation in 1964 from the Cancer Society for their wonderful Cancer program.

Mrs. H. P. Lovett, Mrs. John Jackson and Mrs. Hugh Funk were very active in the 1941 mattress-making project. The Club participated in the collecting, canning and shipping of 1465 tins of surplus food in response to an appeal from United Nations Refugee Relief Agency in 1945. In 1946 the members had a Furniture Clinic and refinished and re-upholstered their furniture and the furniture in the Methodist Parsonage. The Club members were active in all phases and programs of the county programs of work; they assist the local Fire Company, the Lions Club, the Rotary Club and the Kiwanians with their dinners, yard parties, apple-butter making and public auctions. Contributions have been made to the Winchester Memorial Hospital, War Memorial Building, VEHC Student Loan Fund, IFYE Fund, Pennies for Friendship; Easter parties were held for small children 1946, 1947, 1948; food baskets were filled and donated at Christmas 1946-1959; a family having 5 children and a couple 78 and 79 years of age were "adopted" for Christmas in 1949; cookies were donated for the Stephens City Kindergarten during the entire year of 1969. Since 1970, the members have had special drives for clothing and cosmetics for patients at Western State Hospital; and craft items and cosmetic items for 2 local nursing homes at Christmas. The Club has an annual Christmas Luncheon and covered dish luncheons three times a year, inviting inactive members and ladies who have newly moved into the community. The following Stephens City EHC Club members have been honored by having the Yearbook dedicated to them: Mrs. H. P. Lovett 1953; Mrs. Miller Barley 1956; Mrs. Charles Bass 1960; Mrs. Robert O'Neal 1972; and Miss E. Heath Stickley 1977. Mrs. H. P. Lovett won an honor on February 18, 1932 when she, a garden demonstrator for Frederick County, won First Prize in the Northern Virginia District and the Grand Sweepstakes.

Mrs. Robert O'Neal served District IX as Publicity Chairman 1971-72. Mrs. William Robinson is the present County EHC Council President.

Stonewall HD Club

The Stonewall HD Club was organized in 1931 by Miss Elizabeth Farrar. Charter members were: Pres. Mrs. Estelle Dick; Mrs. Viola Grant, Miss Edith Jolliffe, Bessie Mason, Kitty Prince, Mrs. Irene Stipe, Mrs. Ella Woore, Mrs. Ervin Zinn. The Club had an annual Flower Show and on September 22, 1937 they had 82 entries. Two members, Mrs. Dorothy Wilson and Mrs. Anna Fay Zirkle, took part in the Beauty Jamboree held in Winchester in 1955. In 1963, the Club had a membership contest. They divided the club into 2 teams and gave points for each new member and highest per-

centage of attendance. Also in 1963, the Club enjoyed their trip to the Henkel-Harris Furniture Plant. They have made trips to the Corning Glass Factory and to National Fruit.

Five of their members have been honored by having the Year-book dedicated to them: Mrs. Neva Adams 1954; Mrs. Viola Grant 1959; Mrs. Catharine Butler 1962; Mrs. Estelle Dick 1973; and Mrs. Gwen Lunsford 1975. Mrs. Grant was honored by having a county-wide Tea at Stephenson Church in 1959, also. All 17 HD Clubs were invited to attend the Tea. Gwen Lunsford was honored in 1975 as Volunteer of the Year, by the Cancer Society. Gwen has given many hours as a volunteer for the Cancer Society, and was a 4-H Leader for 15 years. June Rudolph, another member, was very active in the mattress-making project years ago. Catharine Butler was County HD Council Treasurer for 10 years. Gwen served as County Council President 1965-66.

In 1974, the Club gave 200 new paperback books to the Frederick County Jail library. In 1975, the Club donated a Betsi Model to the Cancer Society to be used in a nine-county cancer detection program. The Club has always been an active Club, participating in the Extension program and community projects. A lost art was revived in 1974 when the Club had an apple-peeling contest to see who could get the longest unbroken peeling from an apple. Gwen Lunsford won with a 41½ inch peeling. The contest was in celebration of Apple Month.

Valley Mill HD Club

In March, 1951, the following 16 women interested in organizing a new Home Demonstration Club met at Mae Cole's home on Woodland Ave.: Helen Anderson,* Mable Brown,* Margaret Brown, Blanche Carlisle, Myrtle Carlisle,* Helen Carter,* Dove Cole, Frances Cole, Mae Cole,* Ada Ebersole,* Naomi Lamp,* Anne LaRue,* Mattie McCarty, Nell O'Connell, Virginia Schuller and Louise Stotler.* The demonstration at this meeting was on chair seating, and eight foot stools were seated.

By August of that year membership had increased to 41, and the following officers were elected: Naomi Lamp, President; Margaret Malone, Vice-president; Anne LaRue, Secretary; Mae Cole, Treasurer; Virginia Schuler, Reporter. Asterisks (*) in the preceeding paragraph denote those who attended the luncheon in April, 1976, marking the twenty-fifth anniversary of the club.

In the early years, members learned textile painting, cane and rope seating, sewing, basket weaving, weight control, needlepoint, knitting, hat making and furniture refinishing. Meetings were held in members' homes and moved to the War Memorial Building after its construction.

Beginning in 1957, educational trips usually by chartered bus were made almost yearly. Some of the places visited were Jamestown, Hershey (twice), Lancaster, Washington (4 times), Winterthur and Longwood Gardens, Mt. Vernon (boat trip) and Kennedy Center. On the 1966 Washington trip, members appeared on a television program and talked about the Shenandoah Apple Blossom Festival and also met Vice-President Humphrey.

In 1956-57 twenty-three members participated in the Lord Fairfax Soil Conservation District's project of planting chestnut and black walnut trees. Valley Mill gave a skit on conservation planting at the 1957 district meeting in Berryville. On March 4, 1959, Valley Mill members served lunch at the War Memorial Building to the Soil Conservation Team that planted 1500 shade and nut trees in the Winchester Recreation Park.

For several years Valley Mill members actively participated in the Frederick County Fair with club exhibits and individuals receiving many ribbons. In both 1958 and 1959 the club exhibit received a blue ribbon, the 1959 entry being a display on lighting arranged by Dorothy Pinner, Jolly Charnock and Earline Cone. In 1960 the club entry on TOPS earned a first prize of \$5.00, and members received 8 blue and 11 red ribbons. 1961's exhibit of a bomb shelter was awarded third prize.

Reflecting an early interest in fund raising, the 1952 minutes recorded that Ada Ebersole had sold 43 boxes of Christmas cards which netted the club \$20.00. In 1958 an auction, held at the War Memorial Building with Stonewall and Evandale Clubs attending, netted \$30.21. Numerous auctions and white elephant sales have been held at club meetings, and luncheons were served to civic clubs, 4H leaders and, in 1960, to the Wholesale Grocers' Association. Since the advent of the Christmas Bazaar, workshops have been held to make articles with all proceeds going into the club treasury. Projects have included bread dough flowers, calico flower arrangements, a handmade quilt and Christmas ornaments.

Over the years numerous donations have been made to the War Memorial Building, IFYE and 4-H students, Western State Hospital, Henry Evans Home, Northwestern Workshop, Youth Fair, Frederick County Parks, Rescue Squad, Red Cross, Cancer Society, TB Association and several local charities.

In 1965 Valley Mill began a yearly project for the Health Department which provided layettes for indigent mothers. In 1968 members began making patchwork lap quilts for wheelchair patients in hospitals and nursing homes. 21 quilts were made in 1970, and in 1971, 16 baby jackets, 12 pairs of booties and 6 receiving blankets were donated.

Valley Mill members have served their community in many ways. In March, 1953, 14 members donated blood, and several attended First Aid courses that year and again in 1958. On two oc-

casions members collected large sums in the polio drive. Table arrangements were made in 1973 for the Blind Association banquet. In 1974 Valley Mill sponsored a bake sale to benefit the Winchester-Frederick County Association for Retarded Citizens. Nine members have helped staff the Marigold House since it opened in 1973, and Ruby Shiley now serves as volunteer coordinator. All proceeds from this gift shop help support the Northwestern Workshop. Members annually assist at the Youth Fair and demonstrate crafts at Belle Grove and on the Loudoun Mall.

Special club programs have included an exhibit of old handiwork, a display of old dolls, and tours to Hinkel-Harris plant, Blandy Experimental Farm and Northwestern Workshop. In 1967 Valley Mill gave a skit entitled, "This Is Your Life, Miss Shirley," at Achievement Day.

Jenny Lind Cather served as District Secretary in the late 50's. Naomi Thomas was president of District IX, 1974-76, and in August, 1976, became VEHC Safety Chairman.

Valley Mill has supplied two county presidents: Rosie Hott, 1961-64, and Courtney Bragg, 1974-75. Three members have been honored by yearbook dedications: 1964 — Rosie Hott; 1969 — Gretna Manuel; and 1971 — Mable Brown.

By Miss Ruby Shiley

Welltown EH Club

The Welltown Extension Homemakers Club was organized in June 1974 with 22 charter members as follows: Pres. Mrs. Ruth Godlove, V. Pres. Mrs. Ann Life, Secy. Miss June Stickles, Treas. Mrs. Judy Moulden, Mrs. Dolly Anderson, Mrs. Betty Barr, Mrs. Edna Basore, Mrs. Thelma Campbell, Mrs. Marie Everly, Mrs. Mary Finchan, Mrs. Gladys Good, Mrs. Louise Hepner, Mrs. Jean Hummer, Mrs. Isabelle Kain, Mrs. Ethel Kercheval, Mrs. Janet McNealy, Mrs. Charlotte Moulden, Mrs. Linda Mowery, Mrs. Estelle Pitta, Mrs. Jean Stickles, Miss Frances C. Strother, and Mrs. Frances Strother.

We meet each second Wednesday of the month at the Welltown Church. Since we meet at night from 7:30 to 9:00 we can't get as involved in as many of the county programs as we would like to be. Our Club members enjoy working with their hands, thus, we have enjoyed learning such crafts as monks cloth weaving, bread dough flowers, candle making, crocheting, and drying flowers. Our ladies are also gardeners and have enjoyed learning the new techniques in freezing, canning and drying fruits and vegetables. Our current project is decoupage being taught by Mrs. Gerry Van Stronder. We have enjoyed taking part in the Crafts on the Mall and the Christmas Bazaars.

We are very proud to be a part of the Frederick County Extension Homemakers organization.

by Mrs. Charlotte Moulden

West Frederick HD Club

The West Frederick HD Club was organized August 29, 1941 at the home of Mrs. Edison Fawcett by Miss Elizabeth Sprouse, HD Agent. Mrs. Fawcett was elected as the first President; Mrs. James Fishback as V. Pres., and Mrs. Vennor Milhon as Secy. Other charter members were: Mrs. Carrie Boyce, Mrs. Floyd Brewer, Mrs. Pearl Cochran, Mrs. Hannah Hamilton, Mrs. Sherman Merriner, Mrs. Mabel Perry, Mrs. Annie Ritter and Mrs. Joy Roe. Miss Sprouse demonstrated canning vegetables and etc. Due to so many members working in apples in the fall, the next meeting was in January 1942. Miss Sprouse demonstrated how to adjust patterns. Members made a dozen gowns and a dozen shirts for the Red Cross. Lessons covered drying and canning vegetables; making cheese, breads and sandwich spread; and slip covers. Miss Ruth McNeil, Home Agent, in 1944 demonstrated cleaning sewing machines, and also dry cleaning. In 1945, members made dress forms; made dresses for the Red Cross; learned to make buttonholes; discussed sugar rationing; had a lesson on kitchen arrangements. Members packed 5 lunches for Veterans of Martinsburg who came to the Apple Blossom Festival.

The first Achievement Day for Miss Agnes Shirley, Home Agent, was September 1946, in the First Baptist Church. Some of the lessons taught by Miss Shirley were: soap making, candlewicking, better lighting, oil painting, pictures and frames, basic mixes, salads, desserts, kitchen storage. The Club's biggest project was making stool bottoms and chair caning, which started in 1951. The Club makes money for their treasury by selling dishcloths, serving Round Hill Ruritan suppers, making apple butter. They fix baskets for needy families at Christmas, and help in other charitable projects.

In 1957 they took part in the Chestnut tree planting program, and participate in most of the county projects. Mrs. Betty Bauserman, a member, served as County 4-H Development Chr. 1974-76. She has served as County Council President 1967-71, and State Health Chairman 1972-74. She was the first State Health Chairman as Health had been a part of Family Life prior to 1972. She was also a Member of the Dist. IX By-Laws Com. 1970. The Yearbook was dedicated to Betty in 1970. Two other members have had the Yearbook dedicated to them: Mrs. Mabel Perry 1967 and Mrs. Agnes Rosenberger 1971.

By Mrs. Agnes Rosenberger

Addendum

Several clubs were mentioned in the news of the early years but the records are no longer available and memories are difficult to recall by the surviving members. Some clubs disbanded when Frederick County did not have an Extension Agent. New clubs were organized when there was a new Agent. Some club names mentioned were: Clearbrook, Gravel Springs, Fairview, Inlet, Opequon and Stephenson.

Herb Cookbook Project

The Herb Cookbook, a collection of favorite herb recipes from Frederick County Extension Homemakers, was compiled by Loretta McDonald. Miss Ruby Shiley and Mrs. Dorothy Russell helped edit the book. Carol Maben and Linda Strosnider typed the drafts and stencils. The book was printed at the Extension Office with the help of Extension Agent Mrs. Pauline Baccary. The first printing was July 18, 1975. Groups of EH Club members helped assemble and bind the books. The first dividers were designed by Miss Ruby Shiley; the second edition drawings were done by Loretta McDonald. This was the only change made in the two printings; 500 copies have been printed to date.

Frederick County Extension Homemakers Council

BY-LAWS

ARTICLE I — Duties of Officers

Section 1. The President shall preside at all meetings of the County Council; shall have general supervision over all matters in which the County Council is interested; shall be ex-officio member of all standing committees except the nominating committee; shall report the progress of the county on Achievement Day and at District IX meetings.

Section 2. The Vice-President shall perform all duties of the President in her absence or inability to serve. She shall serve as chairman of the Program Committee.

Section 3. The Secretary shall keep an accurate record of all meetings and shall perform other secretarial duties of the county pertaining to this office.

Section 4. The Treasurer shall collect all funds, and upon authorization of the President and 2/3 vote of the attendance at any County Council meeting disburse these funds, keeping proper record. She shall give an annual audited report to the County Council President by December 31 and give a report of the financial status on Achievement Day.

Section 5. The President-elect shall be a member of the Board, attend the Council meetings and work in close cooperation with the President. She shall serve on the Program Committee.

Section 6. The Parliamentarian shall be appointed by the President. She shall upon request rule upon all matters involving Parliamentary Procedure at Council meetings. Robert's Rules of Order, Revised, shall be her parliamentary authority.

ARTICLE II — County Council

Section 1. The County Council shall be composed of the elected officers: President, Vice-President, President-elect, Secretary and Treasurer; Club Presidents and Vice-Presidents; County Parliamentarian; Committee Chairmen; Extension Agent, Home Economics; and Immediate Past President of the County Council.

Section 2. It shall be the duty of the County Council to consider the business of the county.

Section 3. The Extension Homemakers County Council shall meet twice each year, in the winter and in summer immediately following the state conference. Called meetings may be held at the request of the President or three members of the County Council or six club Presidents.

Section 4. There shall be a County Council committee composed of the President, President-elect, Vice-President, Secretary, Treasurer, Extension Agent, Home Economics, Parliamentarian, and Immediate Past President who shall have power to transact business of the County Council which may arise between regular meetings of the Council.

ARTICLE III — Elections

Section 1. Officers shall be elected biennially, and with the exception of the Treasurer, who may serve four years, shall not be eligible for reelection. The President and Secretary shall be elected in odd years; the Vice-President, President-elect and Treasurer shall be elected in even years. They shall hold office for two years, except for the President-elect who shall serve one year.

Section 2. Election of County Council officers shall take place at the annual Achievement Day. Election shall be by ballot, if there is more than one candidate for an office. There shall be a nominating committee of three members appointed by the President. It shall meet at least two months before the Achievement Day and shall prepare a slate carrying the necessary roster of officers to be elected. The committee will present this at the annual Achievement Day for consideration, at which time nominations may be made from the floor.

Section 3. Vacancies in office shall be filled by the County Council to complete the unexpired term of such office.

Section 4. Officers of the County shall take office January 1 after election.

ARTICLE IV — Funds

Section 1. Funds shall cover expenses of two delegates to the State (not to exceed \$35 each) and to the Fall (not to exceed \$25 each) Conferences. Priority will be given in the following order:

1. President 2. President-elect 3. Vice-President
4. Secretary 5. Treasurer 6. Committee Chairmen

Section 2. One or more scholarships will be awarded each year from the County Scholarship Fund. In the event the scholarship is not awarded, the funds will be placed in savings until a qualified recipient is chosen. The recipient will be a girl who is a graduate of a Frederick County High School.

Section 3. Scholarship funds shall be derived from 50% of

all county fund-raising projects each year; the remaining 50% will be used for all other county projects.

ARTICLE V — Standing Committees

Section 1. There shall be the following standing committees appointed by the President for a term of two years:

1. Public Information 2. Scholarship 3. Cookbook
4. Nominating 5. Program 6. Arts and Crafts
7. Family Life 8. Yearbook Dedication

Section 2. Other committees may be appointed as needed.

Section 3. All Club Presidents shall submit written reports to the County Council President each year by December 1.

ARTICLE VI — Meetings

Section 1. An Achievement Day of the county clubs shall be held.

Section 2. The County Council shall meet in the winter and summer.

Section 3. The Extension Agent, Home Economics shall be an advisor at all meetings.

ARTICLE VII — Amendments

Section 1. By-Laws may be amended by two-thirds vote of the membership present and voting at an annual meeting. Abstention counts as a negative vote.

Section 2. Amendments may be made at any county meeting without previous notice.

Section 3. Amendments shall become effective upon adjournment of the meeting at which they are adopted unless otherwise specified.

The Frederick County Extension Homemakers Council By-Laws were drawn up by the following committee: Frances Unger, Gerry Van Stronder, Betty Bauserman, Mary Lou Koontz, Courtney Bragg, Cora Schlim. The original draft was presented on Achievement Day, September 13, 1974. They were amended and adopted on Achievement Day, September 12, 1975.

Scholarships

A revolving loan fund was set up in 1926 to help rural girls study Home Economics at V.P.I. A fund of \$326.25 was reported and \$280.00 had been pledged. Varying amounts were added each year. In 1938, the Federation Loan Fund was segregated and a separate account with its own treasurer was set up. No interest was charged while girls were in school but they made small payments in easy installments after leaving school.

In 1951 the "Loan Fund" became known as the "Hallie L. Hughes Loan Fund," to honor Miss Hallie Hughes, the first State 4-H Club Agent for girls, who had given so generously of her time and interest to Virginia youth. In 1967, the Hallie Hughes Loan Fund was converted into a scholarship with a value of \$350.00. That the scholarship fund might be strengthened so that the value of the award might eventually be raised to \$500.00, the Federation project for 1969 was designed for this specific purpose. After approximately \$1000.00 had been contributed by the clubs, an additional \$2000.00 was added from the sale of surplus tote bags. This brought the Hallie Hughes Fund to \$11,000.00, the interest from which provides the annual scholarship. Fifty-six women had been assisted up to 1969.

The Hallie Hughes Scholarship is given to a student who plans to major in Home Economics and work toward the position of Extension Agent. They must have been an active 4-H member during high school.

A health fund named in honor of Miss Ella G. Agnew, Virginia's first home demonstration agent, was established in 1940 to financially assist Home Demonstration club women in need of medical attention. There were few requests for such assistance and with the critical shortage of nurses the decision was made in 1948 to convert this to a fund for assisting rural girls in the field of nursing.

The Ella G. Agnew Scholarship is given to a person training for a nursing career or some field related to the medical profession. The person may attend any Virginia school offering accredited courses in nursing or related field.

The Maude E. Wallace Scholarship of \$450.00 was established in 1966, the money for this fund coming from the Cookbook royalties. Miss Elizabeth Sowers of Pittsylvania County was the first recipient, the award being given at the annual meeting in 1967. By the end of 1969 the value of the scholarship was increased to \$500.00. By this time there were twelve applicants for the award. The

scholarship is given to a student who plans to major in Home Economics at VPI and SU. This is for any scholastic year.

The Past President's Scholarship was established in 1972 as a way in which counties, clubs or individuals could honor their past presidents. When possible the scholarship will be awarded to a member of the Executive Board to attend an educational meeting or conference.

The Guy Roop Scholarship is awarded to adults to complete or improve their education or training in any field of study. It was established in 1973. The applicants should not be currently enrolled in high school. They may attend any accredited school in Virginia.

All scholarships are for \$500.00 annually and may be received only one time. The Mrs. Guy Roop Scholarship may be pro rated based on individual's need. Applications are terminated annually but may be resubmitted for consideration if not a recipient the first time submitted.

The Frederick County Extension Homemakers Council awarded its first scholarship of \$100.00 in 1973. The scholarship was increased to \$200.00 in 1975. The money for the scholarships is raised from an annual Bazaar. The applicant must be a girl graduate from a Frederick County High School. There are no restrictions as to where the girl may use her scholarship.

Virginia Extension Homemakers Council

The Virginia Federation of Home Demonstration Clubs was organized in 1923 as the Virginia Homemakers Association, changed its name to the Virginia Federation of Home Demonstration Clubs in 1934, and was one of the original nine states forming the National Home Demonstration Council in Washington, D.C. in 1936. Mrs. Guy Roop, Montgomery County, Virginia, who served as chairman of the executive committee in organizing the NHDC, was elected as its first president. She was elected Area Vice-President for the U.S.A. for the ACWW in May 1939. She served as Southern Region Director for NEHC 1940-41. Mrs. F. F. Carr, Appomattox County, was elected Secretary for NEHC 1957-60. She served as National Family Life Chairman 1954-56. Mrs. Ben Wailes, Amherst County, served as Eastern Region Director for NEHC 1943-44. Mrs. S. S. Gilbert, Campbell County, served as Southern Region Director for NEHC 1971-73.

The Virginia Federation of Home Demonstration Clubs changed its name to Virginia Extension Homemakers Council in 1972. The VEHC is affiliated with the National Extension Homemakers Council, the Associated Country Women of the World, the Country Women's Council, the Virginia Rural Safety Council, Virginia Agri-Business Council, Virginia Council of Farmer Cooperatives Inc., Virginia Council on Health and Medical Care and Keep Virginia Beautiful Inc.

In 1923, Mrs. M. M. Davis, state home demonstration agent in Virginia, called a meeting of her staff, together with women attending the Farmer's Institute, to consider the advisability of a State organization for rural women. Mrs. Ruby Green Smith, of New York State, was a guest, and told of the work of the New York Home Bureau. The group decided that a similar organization would be valuable in Virginia and voted to organize the Virginia Homemakers Association with Mrs. C. R. Hall, of Norfolk County, as its first president. A committee was chosen from its 300 members to prepare a constitution and by-laws, which were adopted the following year.

In 1934, the state organization was divided into 4 districts — north, east, southwest and central, so more members could be reached at annual meetings. In 1938 the districts were increased to 6 — with two in the north district and two in the east district. In 1940 there was 3100 women in attendance at the six meetings, so it was decided to create more districts. In 1942 there was 8 districts and in 1951 they were increased to 12 districts. The districts

meetings are usually held during National Homemakers Week — the first week in May.

At this time, the VEHC has organized clubs in 93 counties and 4 cities, which are divided into 12 Council Districts. Frederick County is in District IX which also includes counties of Clarke, Loudoun, Page, Shenandoah and Warren.

The objectives of VEHC are to further the highest ideals of home life, to encourage all forces for community betterment, and to provide extension homemakers club members with an opportunity to work in cooperation with the Extension Service of the Virginia Polytechnic Institute and State University in a statewide program for the development and improvement of rural and urban life.

The program of work varies with the needs of the times. New program phases are added as new needs are recognized. Likewise, some programs are dropped when the cooperative effort of the clubs has made them no longer necessary. To facilitate the work, each county is asked to name a program of work chairman, after it has chosen the phase of the program that best meets its needs, and, in turn, each club in the county is asked to appoint a club chairman.

The following areas of work have been adopted as the Program of Work for the VEHC: Citizenship, Cultural Arts, Family Life, Health, International, Public Information, Safety. Some areas that were carried in the past have become part of the new programs of work, such as Leadership, which can be part of Citizenship and Family Life; Art in Daily Living, Home and Community Beautification, Home and Youth — can be part of Cultural Arts, Health and Safety.

Four goals set up in 1933 were: Citizenship, Highway Beautification, Library Service and Health. In 1935, Legislation and Rural Youth were added. In 1937, Rural Electrification was added, Home Beautification was added to Roadside Beautification, Citizenship and Legislation were combined. Home and Roadside later became Home and Community Beautification. Civil Defense was added during the War Years.

Original dues were 25 cents per individual club member. They were increased to \$1.00 per individual in 1927. The following year, dues were changed to \$3.00 per club, with individual dues still at \$1.00 but they were members-at-large without voting privilege. In 1969, dues were raised to \$4.00 per club; in 1970, increased to \$6.00 per club, and in 1975, were raised to \$10.00 per club.

Activities include: Scholarships, Cookbook — 'Recipes from Old Virginia,' Reading Certificates, VEHC Newsletter — "Old Dominion Echoes," Pennies for Friendship and International Understanding, Nickels for National, I.F.Y.E. Program and 4-H and Older Youth.

VEHC Homemakers Creed

As Homemakers we will strive to:

Have our organization foster the highest ideals of home, church, school and public life.

Have our homes reach out in service to the community and help unite the people.

Have cooperation and progress the leading forces in our communities.

Study the best ways to do everyday work that we may find joy in common tasks well done.

Be kind beyond the standards of charity, avoid thoughts and words that condemn; be more thoughtful than love requires; maintain the highest ideals of Christian life.

The Homemakers Creed was written by Mrs. T. B. Richardson of Powhatan and Mrs. W. F. Bernheisel of Henrico County with Miss Sylvia Slocum, District Agent, as advisor, in 1924.

National Extension Homemakers Council

The National Extension Homemakers Council was organized in 1936 as the National Home Demonstration Council. The name was changed to the present name in 1963. Action for a national organization began in November 1934 when representatives of state home economics extension groups were invited to participate in a Rural Homemakers Conference on the day (Nov. 16) preceding the American Country Life Association meeting in Washington, D.C. A committee was named to survey the interest of all states and to prepare for a meeting the following year. Miss Ellen LeNoir, home economic leader in Louisiana served as chairman of the committee for a short time. When she resigned, Miss Maude Wallace, home economic leader in Virginia, became chairman.

In September 1935, presidents of 12 state extension homemakers organizations met in Columbus, Ohio at the time of the American Home Economics Association meeting. Miss Grace Fry-singer and state leaders from the Extension section of the A.H.E.A. met with delegates as they reviewed results of the survey and discussed organization plans.

A committee was appointed to draft a constitution to be submitted to the states prior to adoption at a national meeting. The

same committee was asked to assist in planning the next national meeting. Members were: Miss Maude Wallace, Virginia, Chairman; Miss Grace Frysinger, U.S.D.A.; Mrs. Leonard J. Killey, Illinois; Mrs. Earnest Overton, Nebraska; Mrs. Guy Roop, Virginia; and Miss Myrtle Weldon, Kentucky, Secretary.

An executive committee was elected to serve until the next meeting. These officers were charged with the responsibilities of planning for the next meeting and of inviting other states to join in the establishment of a national organization. Named as the executive committee were: Mrs. Guy Roop, Virginia, Chairman; Mrs. W. F. Morrill, Minnesota, and Mrs. R. T. Douglass, Louisiana.

The next national meeting was set for June 8-10, 1936 in Washington, D.C. just prior to the Triennial Conference of the Associated Country Women of the World. States represented at the 1936 meeting were: Georgia, Louisiana, Virginia, Kentucky and Arkansas from the south; and Kansas, Minnesota, Wisconsin, Nebraska, Illinois, Michigan and Indiana from the central region.

The purpose of the national organization is to provide an opportunity for homemakers to share ideas and experiences for the improvement of home and community life, and to represent the interests of homemakers in matters of regional and national concern; not to supplant but rather to strengthen and supplement the work of State Extension Homemaker Councils.

The NEHC is organized with 4 regions: Southern with 13 States, Eastern with 8 States, Central with 10 States and Western with 11 States. Virginia is a member of the Southern Region. Other member States are: Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Oklahoma, Puerto Rico, South Carolina, and Texas. Member States of the Eastern Region are: Delaware, Maine, Maryland, Massachusetts, New Hampshire, Rhode Island, Vermont and West Virginia. Member States of the Central Region are: Illinois, Indiana, Kansas, Michigan, Missouri, North Dakota, Nebraska, Ohio, South Dakota and Wisconsin. Member States of the Western Region are: Alaska, Arizona, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Washington and Wyoming. California, Connecticut, Iowa, Minnesota, New Jersey, New York, Pennsylvania, Tennessee and Utah are not members of NEHC.

The National Extension Homemakers Council is affiliated with the Country Women's Council of the U.S.A. and with the Associated Country Women of the World. The Country Women's Council is a liaison organization composed of the constituent societies of the ACWW in the USA, organized to bring these societies into a closer relationship and to further the aims and activities of the ACWW in a more effective way. The Associated Country Women of the World is a world-wide association of organizations, 75% of whose members are rural women. The member organizations are known as constituent societies. The ACWW was organized in London in 1930.

The N.E.H.C. Creed

As homemakers of these United States, we will strive to promote a better way of life for all through fellowship, continuing education and service; to provide guidance in our homes and communities for the uniting of people to make the world a better place in which to live.

May we have pride in our role as homemakers, and may our hearts be filled with joy as we serve.

Let us always be conscious of the needs of others, and be strengthened by the "Divine Light" that guides us all.

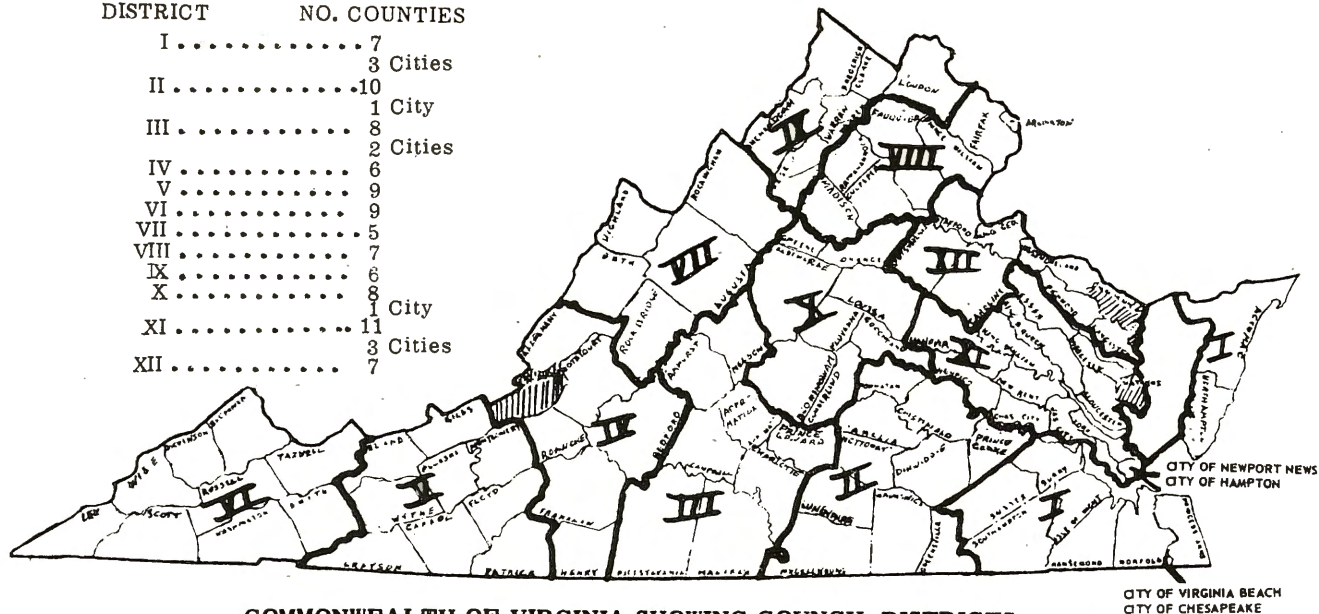
The Creed was written by Jean Beard of Harrisonburg, Virginia who won first place in a nation-wide contest for a Creed in 1975.

National Meetings

1936 — Washington, D.C.	1956 — San Antonio, Texas
1937 — Manhattan, Kansas	1957 — Columbus, Ohio
1938 — Lexington, Kentucky	1958 — Wichita, Kansas
1939 — State College, Pa.	1959 — Portland, Oregon
1940 — Purdue U, Indiana	1960 — Madison, Wisconsin
1941 — Nashville, Tennessee	1961 — Orono, Maine
1942 — Kansas City, Missouri	1962 — Lexington, Kentucky
1943 — Chicago, Illinois	1963 — Little Rock, Arkansas
1944 — Chicago, Illinois	1964 — Honolulu, Hawaii
1945 — Columbus, Ohio	1965 — Purdue U, Indiana
1946 — Omaha, Nebraska	1966 — Fort Collins, Colorado
1947 — Jackson's Mill, W. Va.	1967 — Brookings, South Dakota
1948 — Tulsa, Oklahoma	1968 — San Juan, Puerto Rico
1949 — Colorado Springs, Colo.	1969 — Blacksburg, Virginia
1950 — Biloxi, Mississippi	1970 — Las Vegas, Nevada
1951 — East Lansing, Mich.	1971 — Dallas, Texas
1952 — Raleigh, N. C.	1972 — Baltimore, Maryland
1953 — Boston, Mass.	1973 — East Lansing, Michigan
1954 — Maryland, Wash., D.C.	1974 — Urbana-Champaign, Ill.
1955 — Chicago, Illinois	1975 — Orlando, Florida
1976 — Morgantown, West Virginia	

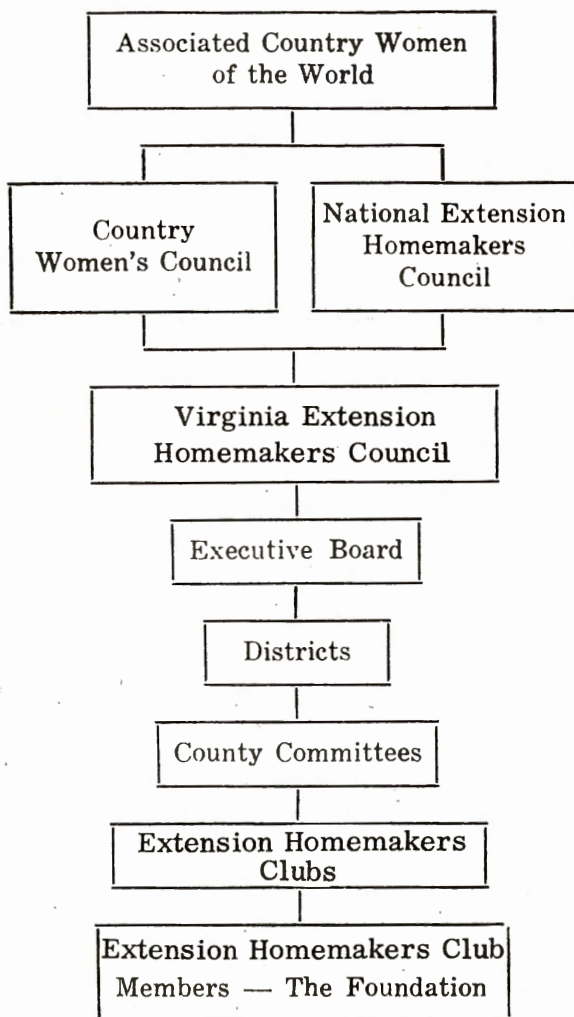
DISTRICT NO. COUNTIES

I	7	
II	3	Cities
III	10	
IV	1	City
V	8	Cities
VI	2	
VII	6	
VIII	9	
IX	9	
X	5	
XI	7	
XII	6	
XIII	8	
XIV	1	City
XV	11	
XVI	3	Cities
XVII	7	



COMMONWEALTH OF VIRGINIA SHOWING COUNCIL DISTRICTS

ORGANIZATION DIAGRAM



Our Emblem

The emblem is composed of three concentric circles which typify the home, the state and the nation.

The hearth fire in the center symbolizes the home and expresses the spirit of the finer attributes of the home, such as fellowship, hospitality, comfort, peace and protection.

The oak leaf symbolizes the strength of the home; the lamp of knowledge, the wisdom with which a home and family must be created; the wheat, productivity and richness of family and community life.

Around these symbols are the words "HOME, FAMILY, COMMUNITY" with "COOPERATIVE EXTENSION SERVICE" in the outer circle — designating the cooperation of the county, state and nation in the Extension program.

